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THE

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colophon

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International endeavours (part one): Blurred identity

Josh Greschner

OPINION EDITOR • @JOSHGRESCHNER

The following is part one of three in a series detailing the experiences of international students at the University of Alberta.

Second-year international student Dante Zhu wore a deep navy wool overcoat over a floral-patterned button-up, with a short, cropped undercut to his interview.

"I haven't slept for four days," Zhu said.

He showed no fatigue.

Zhu is majoring in political science and minoring in economics. He moved to Canada from China when he was 15 and attended high school in BC. Before attending the University of Alberta, he spent some time in Europe as part of an exchange program to speak a few of the five languages he knows. Habituated to a European model of social funding, U of A tuition costs shocked him.

"Most people (in Canada) compare their tuition to students (in the United States)," he said. "But (American) students pay the highest amount of tuition on the planet. It's crazy."

Those considered affluent on other continents aren't necessarily rich in Canada, as Zhu knows all too well. His parents and some wealthy relatives fund the majority of his tuition while he works at McDonald's to pay for living expenses. Another source of income was provided by a distant friend, and Zhu became desperate when that funding was cut off. On top of all that, market modifier tuition increases came into effect at the beginning of this academic year, raising the cost of each economics course by approximately \$500, from \$2,000 to \$2,500. Zhu said he was "horrified." He's relieved that he only needs to complete eight economics classes for his minor.

Many international students are subject to what Zhu called "a



INTERNATIONAL STUDENTS IN EDMONTON Dante Zhu travelled to Canada from China for his undergraduate degree.

CHRISTINA VARVIS

dilemma" that involves heavy work and studying schedules. Zhu wakes up at around 4 a.m. to work his shift at McDonald's at 6 a.m.

"Around (6 p.m.) it's dark like hell (in Edmonton)," he said. "I have to clean the lobby. I have to clean washrooms. This is humiliation for a guy."

Zhu took the job since it was the only one that worked with his five-class schedule, a course load many international students endure in order to complete a degree as quickly as possible while paying as

little as possible.

After class, Zhu spends as much time as he can in the library before going home to his room with a low, slanted ceiling in a frat house. Zhu characterized Greek life as "the whitest thing you can find."

"(Living in a frat house) is my last choice because it's so noisy," Zhu said, who lives there because of the low rent. "People expect you to party with them. I'm not a party guy. I'm not like them. They're free all the time, they're Canadians, they don't have to worry about the

government and loans. They don't need to graduate in four years."

Such a bind is especially problematic for students like Zhu who aspire to managerial or governmental positions. Since most waking hours are spent either working or studying or travelling to one or the other, there is little time or energy left to network or socialize. Especially in the sociability of a frat house, an odd man out who participates in a limited capacity can easily be dismissed as being "weird."

"You can't just tell people," Zhu

said. "They won't understand."

"As an international student, you're under lots of pressure and you feel lonely. Not because you work and study all the time but because you have trouble integrating into society."

Integration and more specifically, being considered integrated, is a problem for Zhu. He's lived in Canada for a number of years, and while he speaks English with an accent, he's "pretty westernized in terms of mindset." Although he's legally an international student and often assumed to be so, he conceded that his identity is a "blur."

"(Identity) has given me major pain," Zhu said. "When (Chinese) come to Canada, they think I'm a foreigner because I speak English all the time. And Canadians think 'Oh, you're not Canadian. You have a different passport.'"

Last year, he was involved in a political campaign.

"At a certain stage I was sort of thinking 'maybe I'm a local already.' But it's an illusion."

His situation is distinct, but his identity troubles are shared by those who are persistently asked, "Where are you really from?"

"Lots of people don't know international students, but if you get to know them, lots of them are like me, or (in) worse (situations) than me. They speak perfect English, but they still can't immigrate," he said.

Working his dream job as an immigration officer isn't possible to for him in Canada, Zhu said, because although he could empathize with the people he's serving, he's not a permanent resident or a Canadian citizen.

Returning to China isn't an option for Zhu. If he can't obtain his papers in Canada within two or three years after graduating, with his knowledge of five different languages, he expects he'll be paying off that tuition in a different currency.

"I may go somewhere else."

Notley government revives STEP program

Richard Catangay-Liew

NEWS EDITOR • @RICHARDCLEW

Alberta students may have a step up in summer employment, as the Alberta NDP government will spend \$10 million annually to restore a previously cut summer job program.

One beneficiary of the program while they were in school was Rachel Notley.

"Work experience is absolutely crucial," Alberta Premier Rachel Notley said at the announcement on Nov. 3. "Many students in Alberta today face barriers when trying to find work. They often get trapped in that Catch-22 situation where they can't get a job without experience and they can't get experience without a job."

The Summer Temporary Employment Program (STEP), which was axed by the PCs in March 2013, will help fund 3,000 jobs, starting in 2016-17. The program will apply to municipalities, non-profit organizations, school boards and

post-secondary institutions. Small businesses, which could not access STEP funding in the past, will now be able to.

Alberta Minister of Advanced Education Lori Sigurdson said the return of the STEP program was necessary, as students are the "future leaders who will ensure this province's future prosperity."

"Education, whether its primary or post-secondary, is what enables Albertans to challenge themselves, learn and grow," she said.

STEP was initially established in 1972 by then-Premier Peter Lougheed, to assist post-secondary students find summer jobs. Before STEP was cut by the Redford government in 2013, it was allocated \$7 million.

Since it was slashed, the return of the STEP program has been a main lobbying point of the Council of Alberta University Students, which represents the University of Alberta, University of Calgary, Mount Royal University and the University

of Lethbridge and Macewan University. Prior to Tuesday's announcement, Alberta was the only province in Canada without a student summer employment program.

Notley promised the return of the STEP program when she ran for Premier of Alberta earlier this year. Students' Union Vice-President (External) Dylan Hanwell applauded Notley for keeping that promise.

"It's really great to hear," Hanwell said. "This is something we've been lobbying for since STEP was cut. It's really great to hear that not only is the government bringing the program back, but its more money than was originally in it."

SU President Navneet Khinda, who lobbied for the return of STEP last year as VP (External) and CAUS chair, agreed with Hanwell, and said she was excited about the announcement.

"Considering the economy right now, it's a really good thing for students to be able to get jobs through this program," Khinda said.



SUMMER EMPLOYMENT The NDP have brought back the STEP program. RICHARD CATANGAY-LIEW

Festival to give taste of Korean culture

Jamie Sarkonak
STAFF REPORTER • @SWAGONAK

Being Korean doesn't necessarily mean being from Gangnam District, which is the kind of popular notion the upcoming Korean cultural celebration is aiming to change.

For the first time ever, Edmonton is having its own Korean Cultural Festival, which will blend old tradition and K-pop in an evening of live entertainment.

The Fall Korean Cultural Festival: A New Generation is hosted by the University of Alberta's Department of East Asian Studies in partnership with the Consulate General of the Republic of Korea in Vancouver.

Acts include a performance by the Samulnori Drumming Team, a traditional Doraji dance, a traditional play, a K-pop dance by the Convergence Dance Crew, a K-pop song, a traditional choir and a Taekwondo demonstration. Catering will be provided by Bi Bim Baab Korean Restaurant.

Many performers are current students at the U of A, and the event also features many guest speakers from the Edmonton Korean Canadian Association.

There's a growing interest in Korean classes, which can be attributed to the "K-pop revolution," happening

all throughout Asia. Demographics of Korean classes have changed from mostly people from Asia to a mosaic of different backgrounds — the general interest in K-pop has led to a number of people wanting to learn the language. With a waitlist extending over 200 students, the Korean department has one of the fastest-growing language programs at the U of A, Lee said.

"It's amazing," she said. "My mom is a professor, she's the co-ordinator for the Korean department. And literally when she just started her job it was one night course. And now, within six to seven years, it's a full department."

Awareness is important for the growing Edmonton Korean community, which is quite a bit smaller than that in Vancouver. Edmonton has no direct flight to Korea, making it a more distant frontier. The Korean Cultural Festival acknowledges that community, which can seem invisible sometimes, Lee said.

"Even when people see me, they're like, 'are you Chinese?' or 'are you Filipino?' They don't really think Korea. But I think it's good to know that there are other cultures from Asia," Lee said.

A large portion Korean Cultural Festival volunteers are international

students. Volunteering in the Korean community and showing others their support for Korean culture is important, event co-organizer Joe Yong-il Cho said. Learning the language is one thing, but culture is something that can't be taught, he said.

"We have modern culture now, but we like to share all of those things at the same place," Cho said.

"We share old generations' thinking of Korean culture and new generations' thinking about Korean Culture."

The event currently has over 500 confirmed guests, many from the Korean and university communities.

Having the opportunity to showcase so many aspects of Korean culture is "huge" for the co-organizers. The Korean Cultural Festival will give the Korean community recognition for their cultural presence in Edmonton and the U of A, Lee said.

"We're a very small population," Lee said.

"It's a huge deal because we're actually acknowledging Korean culture and saying how awesome it is."

The event will run from 4:30 p.m. to 7 p.m. on Nov. 6, entry granted with a minimum donation of \$5. Attendees can expect an evening of entertainment followed by a complementary Korean dinner.



INSPIRATIONAL ILLUSTRATION The mural by the Education Clinic. RACHEL LYONS

New mural branches across walls of the Education Clinic

Jamie Sarkonak
STAFF REPORTER • @SWAGONAK

The same pictures of butterflies had been on the Education Clinic's walls for years. The waiting room had a "clinical" feel, and it was time for a change.

A new mural depicting a broad, budding tree standing before a colourful mosaic now branches through the Education Clinic. It stands to represent two very important processes within the clinic: hope and healing. Wide branches represent the different paths one can take in life, while the leaves represent regrowth. The tree is not completely dead, but rather in the process of rebirth.

The result of the Department of Educational Psychology's collaboration with nine youth artists from the iHuman Youth Society, a non-profit organization that works with Edmonton youth in difficult situations. The organization's focus is on the arts and providing youth opportunities for artistic expression while also giving them access to counselling support.

Located in the U of A's Education building, the Education Clinic offers more affordable counselling and clinical services to Edmontonians while also serving as a training ground for students. The clinic has worked with iHuman before — clinical psychology students have completed their practicums working with the organization. The mission of helping youth heal is shared by iHuman and the Education Clinic: it made sense to collaborate on the project, iHuman mural director Emmanuel Osahor said.

"I thought (the mural) was a really cool idea," Osahor said. "That's something we also work on with our youth. We try to use creative means to help youth heal through various things they're struggling with. I've found it to be a beautiful thing."

The mural's creative process involved the ideas of the Education Clinic and the artists of iHuman, who created several concept images to represent hope and healing. These pictures were then sent out to those working in the clinic for a vote, where the tree design emerged victorious. The work took about two weeks for iHuman's youth artists to complete.

The Education Clinic's resident clinical supervisor Troy Janzen pitched the mural to the Department of Education Psychology as a work that would "liven up" the space for those entering the clinic.

The department loved the idea. He called the project an "exercise in meaning-making."

"I think (producing art) helps you to get in touch with your own hope, and your own healing," Janzen said.

Janzen also said he hoped that a mural would help the youth artists on it overcome their own problems. Having youth involved in community projects also helps with how they're perceived — some face judgement as "street kids." When they express themselves through art they are seen more as young, creative people, Osahor said.

During its development, the mural took a life of its own. Originally, the tree wasn't going to have leaves. The improvised changes were welcomed, as Osahor had been looking forward to seeing the youth "spin it around and make it their own."

"We try to use creative means to help youth heal through various things they're struggling with. I've found it to be a beautiful thing."

EMMANUEL OSAHOR
MURAL DIRECTOR, IHUMAN

Involving high-risk youth in permanent art projects such as the mural helps them experience art outside the studio and in the community, which can help encourage them as artists, Osahor said. These kinds of projects also help youth find a sense of ownership and belonging within the city.

"Little steps like that go a long way for every youth we work with," Osahor said. "They feel like, 'Oh, I actually belong here, I'm actually valued.'"

Osahor recently graduated from the U of A's Bachelor of Fine Arts program and was hired by iHuman soon after. Art helped him find who he wanted to be. He wanted to help others in their own artistic self-discovery process, which he could do with iHuman.

"When we make projects that we feel are beautiful, I think that just makes us feel human," Osahor said. "In the healing, art is something that provides the opportunity to create something ... When you create an object most times it is valued by someone."

"And that, as a human being, is something that we all need. We all need positive reinforcement."



CARNIVORE CONUNDRUM Red meat has been classified as a "probable" cancer carcinogen. FILE PHOTO — SEAN TRAYNER

Moderation is key for 'cancer causing' meats

Mitchell Sorensen
STAFF REPORTER • @SONOFAMITCHH

That Saturday morning side of back bacon or ballpark hotdog could be a deadly cancer-causing agent, the World Health Organization says.

The World Health Organization (WHO) announced that cured meats would become a Group 1 carcinogen, which are products have been found to cause cancer. Putting bacon, hot dogs, and salami in the same category as cigarette smoking and asbestos inhalation has been met with a mixture of positive and negative responses.

The list of products includes bacon, cold cuts, jerky, smoked meat and sausages. The WHO defines processed meat as "any meat that is altered from its natural state to extend shelf life or change taste," which would include smoking, curing or salting meat.

The WHO also classified red meats as a Group 2A "probable" carcinogen, which has driven many to re-evaluate their diet. The report, generated by the WHO's International Agency for Research on Cancer, stated that there was enough evidence to form a causal link between consumption of processed meats and bowel cancer. For Canadian Research Council Chair and Health Law Professor Tim Caulfield, this announcement was a long time

coming.

"I wasn't surprised," Caulfield said. "There has been a lot of research on meat eating that has been signalling in that direction for a while. We've known for a long time that these types of meats aren't the best choice from a health perspective."

First and foremost, Caulfield said that he hopes people will take a message of moderation from the announcement. Though he acknowledged that changing a population's behaviour is very hard, he said he hoped people would pay attention to the announcement.

"Hopefully people will think twice about eating a lot of this kind of food," Caulfield said. "Long term, this helps to create a narrative of what is healthy eating, and lot of processed meat isn't part of that. This announcement helps to make it a bit clearer."

Despite WHO's warning about processed meat, Caulfield said munching on a hotdog at Rexall Place or your backyard grill isn't the same as eating asbestos. Group 1 carcinogens are grouped together because they are known to be cancer-causing, however their ability to cause cancer varies.

According to the Canadian Cancer society, one in 14 men and one in 16 women will develop colorectal cancer in their lifetime. The WHO report states that eating 50 grams

of processed meat daily means that risk can increase by 17 per cent, but that figure only refers to the four to six percent of people who get colorectal cancer to begin with. What this means is if approximately six people out of every hundred get colorectal cancer now, eating a few slices of bacon every day would up the figure to seven out of 100.

Though consumption of red and processed meats has declined in recent years, Caulfield pointed to the range of products available as indicative of our love affair with all things smoked and cured.

"We have a lot of processed meat available to us," Caulfield said. "The WHO had quite a broad classification of this stuff. It's really any kind of meat that is processed in any way."

Caulfield said his main concern with the announcement is with the polarizing media coverage. With such a divide in the narrative around processed meat, the public could develop an attitude of ignoring warnings. For Caulfield, this would be an unfortunate byproduct of these warnings.

In terms of what he hopes the public will take away from the WHO's announcement, Caulfield's stance is straightforward.

"The take home message is moderation, and trying to eat a globally healthy diet."

Stache'ing funds for Movember: U of A grows facial hair for prostate cancer

Jamie Sarkonak

STAFF REPORTER • @SWAGONAK

10 years ago, some Australian mates in a bar brainstormed over beers how to raise awareness for prostate cancer. They'd seen the massive campaigns for breast cancer and wanted to think of a way to elevate awareness for prostate cancer in that way.

Their solution — grow a moustache.

This month, students can participate as “mo bros” and “mo sistas” in the fundraiser and awareness event put on by The Movember Foundation, where moustaches are grown for charity. To include the half of the population that doesn't typically grow moustaches, the foundation has introduced a second initiative called MOVE, where participants pledge to be physically active for the month of November, event coordinator Tyler Small said.

“One of the biggest parts of Movember is really the power of the moustache, and I know it sounds really cheesy when you say that, but it does create conversation,” he said.

The event caught on, and Movember is now a regular occurrence at University of Alberta, along with other men's health fundraisers such as the University of Alberta Pharmacy Team's Mr. Pharmacy competition.

The Movember Foundation, and its subset Movember Canada, is a global men's health charity. Since its debut in 2003, the foundation has raised \$677 million for its four causes: prostate cancer, testicular cancer, mental health and physical activity.

All money raised at the U of A goes to Movember Canada, which



MO FACIAL HAIR Students at the U of A will be sporting moustaches to raise awareness of prostate cancer.

JOSEPH NGUYEN

distributes funds raised across Canada to its specific initiatives, with 84 per cent going into research.

In the past, Movember Canada has funded U of A Associate professors John Lewis of the Department of Oncology and Roger Zemp of the department of Electrical & Computer Engineering. Lewis was funded for a project involving a blood test that would predict the spread of cancer. The ability to predict the spread of prostate cancer in an individual allows for doctors to create a more efficient treatment plan. Zemp's research is in biomedical imaging,

which functions to give clinicians information which is difficult to obtain otherwise, and his funding was given to further his work in improving prostate cancer diagnosis.

The most pressing issue in prostate cancer research is finding a test that predicts how aggressive the cancer will be in a patient's body. Having that information would allow treatment to be much more streamlined that way. Currently, some patients have to go through treatments and subsequent side-effects they may not have had to in the first place, Small said. Treatments

are hard on the body.

“(Cancer treatment is a) tough thing for guys too,” Small said. “It attacks your manhood as well because you didn't have erectile dysfunction (before having cancer).”

In 2014, 286 registrants from the U of A raised \$75,000 dollars. There is no fundraising goal this year, as The Movember Foundation's biggest goal of the foundation is just to continue funding ground-breaking projects in men's health, Small said.

Using the moustache to create a dialogue about prostate cancer has created an important level

of awareness. Every year, The Movember Foundation receives testimonials from people who got themselves checked after hearing about prostate and testicular cancer in November, Small said.

“That's the serious side of the moustache and the serious side of Movember,” he said.

“Moustaches do change the world, and they actually can save lives too,” Small said.

More information and registration for Moustaches in Movember and MOVE can be found here (ca.movember.com/?home)

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Injecting efficiency in flu shot process

U of A pilots ‘express’ check-in for flu immunizations, said to reduce wait times

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHH

Temperature decreases and snow falls indicate the onset of flu season. Some students will risk getting a cough, sore throat and fever instead of waiting in line for their annual, recommended flu shot.

University of Alberta students and staff won't have to wait for registration at the University of Alberta flu clinic, as the clinic is piloting an online registration program this year.

Those with a ONEcard can go online to uofa.getimmunized.com and fill in all their information online. Once the three to five-minute survey is filled out, you are emailed a QR code. The code is scanned upon arrival at the clinic, and then the information is printed out. After this, all that's left is to get the shot.

Also available is last year's check-

in system which uses computer stations, rather than the traditional hard-copy form.

This new system means that the entire injection process will typically take under half an hour, including the 15-minute wait after the injection. Fourth-year Pharmacy student Scott Wakeham said the new system is far more efficient than in past years.

"It really streamlines (the vaccination process)," Wakeham said. "You're not creating a bottleneck where people are filling out forms."

In past, a triplicate paper form would have to be filled out upon arriving at the clinic. In comparison to the 15-minute survey, Wakeham said the online registration "is just like sending an email or text message."

For University Wellness Services Clinic Manager and registered nurse Beth Woytas, the U of A is an ideal

place to pilot a project like this.

"Students are tech-savvy," Woytas said, "they type better than they write, and would rather use an electronic device. We're trying to hit this demographic with technology."

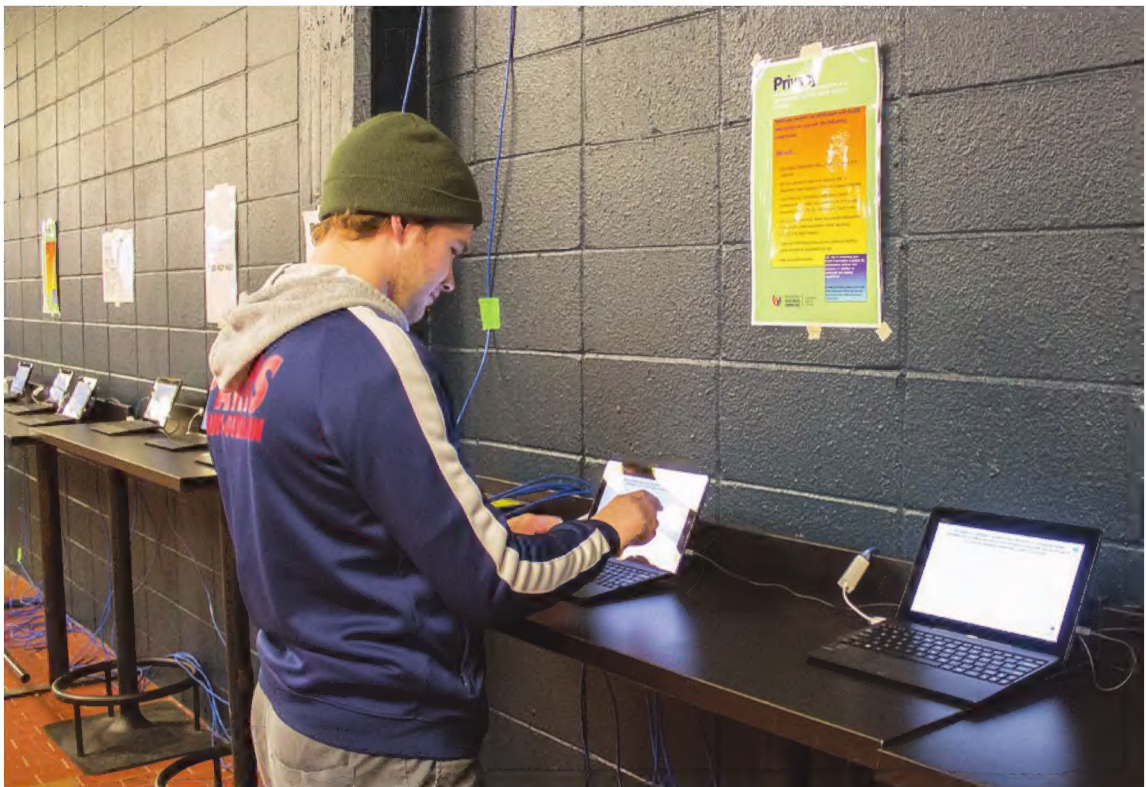
Though this is currently the only program of its kind in Canada, Woytas said she hopes similar setups could increase efficiency of vaccination clinics everywhere.

"It makes it faster for anybody getting an immunization," Woytas said, "so it can be done at any clinic, anywhere."

Aside from the innovation in line management, Wakeham pointed out the importance of getting the influenza vaccine.

"The flu is a very serious disease that can keep you in bed for seven to 10 days," Wakeham said.

"The more people that are immunized, the less mobility the virus will have."



RAPID REGISTRATION U of A students and staff can register online for their flu shot and skip the lines.

JONAH ANGELES

Canadian Lit Centre hosts workshop series

Mitch Sorensen
STAFF REPORTER • @SONOFAMITCHH

Students will be able to have their writing evaluated by two heavyweights of the Edmonton literary scene, as the Blue Pencil Café is returning to campus.

Hosted by the Canadian Literature Centre (CLC) and the Writer's Guild of Alberta (WGA), students can submit writing samples of up to five pages, double-spaced. Once work is submitted, it will be evaluated by either Pierrette Requier or Greg Bechtel.

Requier is the current Poet Laureate of Edmonton, and has experience writing in both English and French. Bechtel is the award-winning author of *Boundary Problems*, and is currently working on publishing his debut novel. With the diverse experience between the two authors, CLC spokesperson Jason Purcell said there are no limits to the type of work that can be submitted.

"We've got a really great pair this year," Purcell said, "Pierrette is able to review poetry and Greg will handle prose. Anything you've got, they'll take on."

Purcell credits the closeness of the Edmonton literary community as being very welcoming, and always willing to help new authors and poets. In addition, he said he hoped the Blue Pencil Café will help

these inexperienced writers enter the writing scene.

"We really want to encourage developing writers in making those connections to established writers," Purcell said. "If we're not helping the up-and-comers, we aren't really fulfilling our goals to cultivate a great literary community."

■ **"Being a mentor is a kind of intimacy. You get access to people's heart and soul."**

PIERRETTE REQUIER
BLUE PENCIL CAFÉ

That sense of community is furthered in Requier's work as Poet Laureate. As a former elementary school teacher, Requier has a great deal of experience in both poetry and teaching, and said she hopes to bring an open discussion to the Blue Pencil Café.

"I can't say enough about the importance of reading your stuff aloud," Requier said. "Writing is done alone, and when the time comes to share it with someone else, you can hear where things work and don't work."

Though she already has a permanent space in her home set up for writers to come in discuss their work, Requier said she wants to

bring that same dialog to the Blue Pencil Café sessions. She credited the experience of "hearing yourself being heard" as a great way to shed new light on writing.

Requier also pointed to the experience she had in editing details from the edge of the village, her first collection of poetry as key in her development as a writer. Working with former poet laureate Alice Major, she said the layout and content of her poetry was more focused for having it read.

"Having a mentor or having a session at Blue Pencil can just start you up again," Requier said. "We all have our mistakes when we write, and a mentor will help you edit and rework stuff."

In her time as the 20th Writer in Residence at Macewan University, Requier recalled loving her time working with students on their writing. Requier said that just having an appreciation for their work can make people go further in writing. She said she tends to ask questions of the authors she works with, rather than give sharp criticism.

For Requier, establishing dialogue and forming relationships with those who attend the Blue Pencil Café is her primary goal.

"Being a mentor is a kind of intimacy," Requier said.

"You get access to people's heart and soul."

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EDITORIAL COMMENT

Cyclists bumbling down the road will probably get mashed

HERE'S THE THING ABOUT EDMONTON CULTURE: IT'S GOT THIS way of raising cycling above all other forms of transportation.

The other day I was writing in a certain trendy café known for its chai. I was enjoying myself somewhat until some hipster woman beside me started to elaborate on how she was “disappointed” that consumer culture has permitted *Furious 7* to break multiple box office records and take attention away from “artistic” films.

That bitch had some nerve.

I couldn't help but note the parallel between her attitude about *Furious 7* and the way Edmontonians tend to subvert vehicular transportation below the less petroleum-oriented way of cycling. But bestowing the right-of-way onto flimsy little bicycles does this city a major disservice in safety and efficiency. The 7,500 cyclists are seriously injured in Canada each year have directly felt the impact of such regulation.

The safety problem comes from having a tiny human amid a stampede of heavy metal vehicles. The efficiency problem comes from having to slow said herd to a near stop upon approaching that tiny human.

The city has 430 kilometres of shared bike-pedestrian pathways, which is nowhere near as extensive as its 4,700 kilometre road system. Cyclists in Edmonton often resort to the road because of this — the alternative of sidewalk cycling can even be fined in regions like downtown and Old Strathcona. When the road has to be shared, a few loose safety standards are put in place. Drivers must stay 1m to the side of cyclists, who are encouraged to wear helmets. “Encouraged.” They're encouraged to wear reflective gear as well for night-cycling, which is when a third of cyclist deaths occur. Policy looks good on paper, but it's unfortunately common to pass a helmetless, dark-clad night biker going at a leisurely pace.

The city enforces this idyllic idea of “sharing the road,” in an attempt at diplomacy when there should be complete segregation.

Instead, cyclists are squished onto the same roads used by vehicles, where, according to Transport Canada, 64 per cent of cyclist deaths occur every year. Dividing one road between an SUV moving upwards of 70 km/hr and an aluminum frame mounted by some gangly human moving at 20 km/hr in a helmet will turn fatal if someone makes a mistake. Even if helmets were mandatory, they wouldn't save a lot of lives. The mess that would result from a truck hitting a bike would be far bloodier than that which would result on a sidewalk if a cyclist were to run into an unfortunate pedestrian.

The current commuter culture simultaneously congests traffic and puts cyclists' easily crackable skulls in the path of a much bigger force.

The inefficiency that comes with having a culture that tiptoes around cyclists is a catalyst for confusion. They wheel around in rush hour traffic, where it's already less likely drivers will pay attention to them. It's scary to have these guys jaunting along knowing that I could slip up and they won't be able to react with enough speed to escape alive. Multiply that threat by the however-many-thousand drivers that make their way to and from work every day and you get a problem.

There's plenty of room for miscommunication on the road, even more so with cyclists. Sure, they have signals for turns and stops, but these aren't universally-known like the signal lights of a car. Learning these is not a requirement for one to earn their drivers' license. So when cyclists signal (and they usually don't) it's likely a driver will not interpret them.

Cyclists stubbornly stay on the road, acknowledging the risks that come with riding bikes all over the place. The city's fine with that. But instead of Edmonton making a commuter-friendly gesture, perhaps actual safety measures would make roads safer for everyone. Force bikes to stay on the sidewalk. Policy like that might feel rude, but at least things would run a lot smoother.

Drivers act in accordance to Edmonton's pro-cyclist culture: they stop, they slow. They give a wide berth. All giving way to traffic patterns that jar and flow as if ... well, there is no flow. Traffic can't move smoothly when two entities with a huge disparity in size and speed are forced into one space.

The road is designed for cars, not that \$4,000 custom build from Redbike.

Jamie Sarkonak
STAFF REPORTER



HAPPY FIRST FALL READING WEEK KIDDIES! Kill a few brain cells with *The Gateway*, Friday, November 6 at The Rack. \$2 tickets! ADAIRE BEATTY

letters to the editor

Keep wheelchair ramps clear

To the person that felt like locking their bike up on a building ramp was okay:

Although we've likely never met, I'm making all kinds of negative assumptions about you and the kind of person you are. For your sake, I won't go into detail. I have also decided not to include a picture of your bike, carelessly parked on the ramp, to protect your identity and preserve your dignity. Because I am not a mean person, and deep down, I don't think you are either. However, I would like to express my frustrations with your actions.

A few years ago, I had a guest lecture in one of my undergraduate classes and learned about two simple concepts: intention and effect. People have all kinds of intentions behind their actions, and although these intentions may be good, people rarely consider the very real effects that their actions produce. Despite the best of intentions, the effect of a person's actions can make someone else's life unduly effortful. When you locked your bike up on this particularly gloomy November day, I'm sure you were not thinking: AHA! Now if someone using a wheelchair would like to use this ramp, they have to get around my bike!" I do not believe that it was your intention to make it difficult for another person to access that building (or maybe it was, you jerk). However, the effect of your actions

was extremely exclusionary. The ramp is already quite narrow, and with your bike now in the way, it is highly unlikely that a person using a wheelchair would have enough room to get by. Sure, that person could re-route and enter the building at a main level entrance, but why should they have to go out of their way? They should have access to THAT ramp.

To reiterate, I'm sure your intentions were not malicious, but did you ever stop and think about the effect they may have? Doubtful. And that is extremely troubling. As humans, it appears that we often don't take time to consider how our actions might affect someone else. If you did stop and consider the effect of something as seemingly harmless as locking your bike up on a ramp, you would have reconsidered that action, and taken an extra second to look for a designated bike rack (which is about 30m away, just FYI).

Okay, enough scolding....

But more ranting:

Some people might argue that I am at an 'advantage' to seeing accessibility injustices, such as the one mentioned above, because I am a Master's student in the field of Adapted Physical Activity (APA). I would like to now call bullshit on this argument. The argument that people just don't recognize these sorts of injustices because they are not in a field that inspires an acute awareness of accessibility issues should no longer be justified. I used to think that I should go easier on people when I noticed exclusionary practices. I would think "Well, you

have to remember that people outside of your APA bubble just don't see things the way you do. It's not their fault, they just don't know".

But it's not good enough. People need to wake up and start thinking about humans other than themselves. The argument that people's intentions may have been good (or at least not bad), is just not going to cut it with me anymore. It's just not good enough. It's not good enough because people deserve better.

Let's be clear about something: I am in no way perfect, and I'm sure my actions have created negative effects for other people (many times) in my short 24 years. However, as I move throughout the world, I do my absolute best to be cognizant of others- their dignity, feelings, emotions, beliefs, abilities, etc. And I know I am not alone in this ethical reflection, but as a whole, I know we can do better. We need to BE better for each other.

We still have a long way to go to make our world more accessible for all types of embodiments. If you're out there striving to make a difference, I applaud you. And if you're not, that's okay too, because I understand that there are plenty of worthy battles in this world that need people's support. So if you aren't actively working toward improving accessibility, that's alright, but the least you can do is not park your bike on a friggen ramp.

Warm Regards,
Kassi

Kassi Boyd
PHYSICAL EDUCATION



THOMAS KUMMER

LHSA was wrongfully disbanded



Riley Samson
OPINION STAFF

In January 2014, allegations against the Lister Hall Students' Association (LHSA) were made regarding an incident of perceived hazing during Skulk, the annual Henday Tower event. As a result, the individuals blamed for the incident were fired from the LHSA and removed from Lister, and the LHSA itself, after a long appeal process, ceased to be — at least until 2017.

The LHSA was an elected student body that represented Lister residents to the university. It had, in previous years, been held responsible for a number of serious hazing incidents and the university had ruled that the LHSA was on its last strike; that one more hazing allegation would result in the disbanding of the organization for two years. The final nail in the coffin came during Skulk 2014.

I witnessed the specific incident that triggered the hazing allegations, which was a dance performed at the Skulk opening ceremonies by members of the LHSA executive. It contained a good deal of what some would call inappropriate content. The LHSA had been warned against performing the dance after it was shown the previous summer. Given this, there's no doubt that it was a mistake to perform the dance, and I would fully expect the university to follow with some sort of consequences. But the vicious punishments that were dished out were analogous to a life sentence for marijuana possession.

As this will leave Lister residents without representation for at least the next two years, it is an unacceptable violation of the rights of students to form representative bodies, outlined in the provincial Post-Secondary Learning Act (PSLA). In addition, since the accusations of hazing were so exaggerated, the subsequent consequences were overly punitive and out of line.

"Hazing" has no universal definition, and every university is free to create and adhere to its own regulations on the subject. The U of A's definition of hazing is found in section 30.3.4(7) of the Code of Student Behaviour. The definition is divided into four categories. The second category is the only pertinent section, and just barely; it covers "physical or mental discomfort, embarrassment, humiliation, harassment, (and) ridicule."

It's not clear who the allegations came from, whether a student or member of Residence Services. Regardless, calling the incident hazing is problematic because every audience member in the room had the option of leaving if the dance made them feel uncomfortable. Nobody was forced to have anything whatsoever to do with Skulk or any part thereof, and because of that simple fact, nothing inappropriate that may or may not have happened during Skulk could logically have been called hazing; hazing is precluded from applying to the situation by its very definition, which is dependent on the act of coercion.

As a result of the university's trigger-happiness, new Lister Centre residents — 1,400 of them per year — no longer have any representation within the Students' Union. Many situations and conflicts within Lister now go partially unresolved, as the Residence Assistants on

each floor can only enforce rules; they can't truly mediate between students as effectively as an LHSA Floor Coordinator. The LHSA also provided more than representation; virtually all the events offered to Lister residents were organized and made possible through the LHSA.

As it stands, the subject of the LHSA is essentially taboo in Lister. Upper-year students hired as Floor Coordinators during the summer — now ordinary residents — are forbidden to speak in support of the former organization; if they dare to do so, they risk serious punishment. Current-day Lister seems a lot more like a dictatorship than your average university residence. Without a doubt, at least, it's a hell of a lot less interesting.

Nobody was forced to have anything whatsoever to do with Skulk (and) nothing (that) happened during Skulk could logically have been called hazing.

Unfortunately, that seems to have been precisely the university's goal.

Over the decades, Lister has developed a unique culture of its own, and a part of that culture is drinking and debauchery. As juvenile as that may sound, Lister residents are almost entirely legal adults, and as long as the Code of Student Behaviour and all federal, provincial and municipal laws are followed, residents should be able to do as they wish. As I argue above, the Code was never violated, and the law was certainly never broken.

But because the LHSA was already on thin ice, the university was on the lookout for incidents that could be called hazing. And at the first sign that all was not well in Lister, the university pounced — disregarding its own definition of hazing in the process, and leaving at least 2800 students over the next two years without representation. Given the university's goal of increasing student residency and the lengthy process of reinstating an organization with an entirely new set of executive and support staff, the lack of representation is likely to impact closer to 4,500 students over three years.

To compensate for the lack of Lister representation, the SU is in the process of developing a replacement organization for the LHSA. According to Student Council on Oct. 27, the Office of the Dean of Students is against the idea, and insists that the SU doesn't have the right to implement another student association in place of one that was shut down for breaking the Code of Student Behaviour. The SU maintains that they don't need the university's approval to do so, citing the PSLA.

The former LHSA was not, admittedly, without its faults. Its executive was not always professional, and Lister culture had become so much an entity of its own that Lister became separate from the rest of the university; the Lister experience was not the U of A experience.

As much as I hate to see the LHSA go, perhaps a new organization and a fresh set of executives will be able to succeed in areas where the LHSA was lacking, while fulfilling the important representative function of the LHSA.

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Instead of making a difference, teachers maintain status quo



Jennifer Robinson
OPINION WRITER

We've all seen those movies where a teacher from an upper class neighbourhood fresh out of college crosses to the other side of the tracks with dreams of making a difference. We see them struggle to get through to hard-to-reach students and change the lives of countless individuals who would have most likely dropped out. Or there are the stories of the big city teacher who, in search of change, moves to a small town and opens their students' eyes to a world they are missing. In fact seeing those movies or even having inspiring teachers like the ones on our screens is what inspires most students to become teachers in the first place.

These stories fill their heads with dreams of making a difference, of being that role model in some students' lives. Students spend years in school with that dream driving them forward and holding onto it when things get hectic. But when graduation approaches and reality sets in, they start to realize their dream they once clung to might not really be what they want anymore.

Small towns often fall under smaller school districts with less



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funding than those in bigger cities. Even schools in the cities can have fewer resources if they are located in the less fortunate parts of town. As a teacher getting ready to graduate, new schools with their shiny desks and new books are appealing. Compared to the old schools that are falling apart and with old materials,

new schools are paradise. People always say "go where the money is," and sadly that's just as true in the profession of teaching. In fact, with the current cost of living in Alberta and dismal teacher salaries, the appeal of the private school board becomes greater with every passing day. Though a cushy private school

gig is appealing, it is pretty far from that dream that inspired them to be a teacher in the first place.

I'm an education student who is just over a year away from graduation. Now is the time when I need to be considering where I want to apply for jobs and I'm suddenly becoming more and more aware of the fact

that I'm not cut out to live in a small town — I'm a city girl at heart.

I also realize that I'm scared enough of just the idea of getting in front of a group of students, not to mention a group of students that don't want to be there. I don't know if I have what it takes just yet to be the person that convinces students to stay in school and stay on the right track. I think about the debts I will have leaving school and the nerves I will have entering the profession, and I don't think I could handle the added stress of being in a less-than-ideal environment.

I don't know if I have what it takes just yet to be the person who convinces students to stay in school.

Not all teachers end up in those less wealthy schools that they once saw themselves teaching in, but regardless of where they end up, they are still doing very important and difficult work. It is unfortunate that teaching is not a profession our government seems to value enough and that teachers need to make the choice between helping the students that need them the most and helping themselves in their career. But it is the reality of the world we live in, and unfortunately some dreams get lost in the politics.

Yelp web labels could damage small business



Josh Hickmore
OPINION WRITER

Whether it be by word of mouth, or with a yelp, information spreads rapidly.

Yelp, a website dedicated to customer reviews of restaurants and other attractions recently began implementing a new feature for restaurant reviews. In a small area of San Francisco, Yelp began placing a warning label on the review site of each restaurant appearing in the bottom five per cent of health inspection rankings in the local area. Yelp claims that they are attempting to make the restaurant industry more transparent by taking this readily available information and making it more accessible. There is also the hope that these restaurants within this bottom five per cent will respond to these labels by quickly changing their practices, resulting in a cleaner and safer experience for patrons.

The problem that arises stems from the reporting of a passing grade. Any restaurant currently operating has experienced a health inspection and has not been deemed so bad so as to cease operating. This label that could be widely shown by Yelp could potentially cripple businesses despite the regional health services giving it a pass. The checklist for food inspection in Alberta has many things you'd expect and hope from them. Restaurants must have proper sanitation practices and must have functional sinks for washing hands. Also on the list are things that diners wouldn't likely consider: light bulbs must be shat-

terproof or in a shatterproof case and floor-wall joints must have proper finishing. These second set of instances seem less of a necessity than the first set, but any of which can cause the inspectors to raise concerns and affect the health rating of a restaurant.

In the past, businesses have accused Yelp of attempting to extort restaurants into paying for ad space with the threat of bad reviews or less viewership, some viewing Yelp as having a tarnished reputation. If Yelp can be manipulated with fake good reviews, or be punished with bad ones, it raises questions about whether this new warning label could or would be manipulated. If Yelp is an honest business, the label will stay until the food inspectors say otherwise. But if Yelp does use shady business practices, warning labels become another way to potentially extort businesses, such as potentially threatening a business with branding them as unclean unless they pay up.

These labels may seem to be a helpful guideline and nothing more. According to Quantcast, Yelp has the seventh most traffic of all websites within the United States and the fifty-first in Canada. With 1.2 million unique Canadian users in October, Yelp is widely used and talked about. Just as a friend will recommend restaurants based on their previous experiences, so too will they recommend something based on what they have read. With one person seeing the label, they tell their friends, who pass it along. Eventually a certain restaurant gets a reputation as unclean, despite never failing to pass inspection. Local businesses across North America are at risk of losing their customer base due to a label that simply says they meet health and safety standards.



CHRISTINA VARVIS

Aesthetics of the keyboard "smash"



Alex Cook
OPINION STAFF

Out in the vast expanse of the internet, there are several ways to express one's emotions. A soundclip by itself is outdated and redundant on most text-based sites. There are times when a GIF might work to quickly flash an idea to your recipient. If you send a Vine, the feeling is somewhat more nuanced. Yet, there are times when only a keyboard "smash" (as they are colloquially known) is sufficient.

Generally speaking, a keyboard smash is a random assortment of letters produced by "smashing" one's fingers in random places on a keyboard. However, experts know that there are certain keyboard smashes that look better than others. Both "ewofidsonvadf" and "asdfghjkljlkgl" are indeed keyboard smashes, but the latter is more aesthetically sound to those who understand keyboard smashes.

The aesthetics of a keyboard smash in the English language are defined by the QWERTY keyboard. When typing with a QWERTY keyboard, the standard practice is to put your left pinky, ring, middle, and index fingers on the A, S, D, and F keys, respectively, while placing the right ones on the semicolon, L, K, and J keys. All of the fingers are now on the middle row of the keyboard. When typing a keyboard smash, moving fingers in as small of a calculated movement as possible expresses a sharp, yet understated curtness representing disapproval or disbelief.

"asdfghjkljlkgl."

Besides the physical design of a keyboard, there are also psychological and linguistic implications. When a word is formed in a language, the word needs to follow a set of rules for the reader to make sense of it. For example, there are no words in the English language that start with the two consonants "ng." Several other languages do have this consonant cluster, but

English doesn't. So, if a smash begins with "ng," then it already appears incongruous within an English context. A keyboard smash that starts with the first two letters "as" makes more sense to a reader fluent in English because "as" stimulates in the depths of the English mind an immediate sense of familiarity that indicates confidence and restraint in the "smasher" while simultaneously expressing firmness. A rhetorical flourish is permissible at the end of a smash; such flourish behaves as a signature or a unique wax seal. Aspiring managers, take note. Such a controlled smash demonstrates nuance and sophistication, unlike the rude, crude and rather antisocial, as they say, "fisting" of the keyboard.

Of the three lines of letters on the keyboard, the second makes most sense, considering that both consonant clusters "qw" and "zx" do not exist at the beginning of any word in the English language and are thus jarring to viewers and offensive to the English reader's sensibilities.

So off you go. And remember to "asdfghjkljlkgl."

Arbitrary marking systems crudely assess knowledge



Linda Hasanovich
OPINION WRITER

Getting exams back has always been a moment of truth that evaluates what you really know and how you're going to fare in the remainder of the course.

But what kind of truth is it to look at your exam and see 30 per cent docked for a minor error, six per cent removed for not answering an unstated question, and 12 per cent deducted for not knowing about something your professor mentioned once in your eight o'clock lecture and never actually explained?

The list of examples is virtually endless, and it all culminates into one single flaw in the grading system: a misapprehension about what marks are actually for. It feels like too many professors feel shackled by some statistical overlord and resort to cheap tricks to lower or unfairly raise marks on exams, like testing on irrelevant material and marking more harshly than necessary.

The talk about students' exam grades fitting some arbitrary curve and aiming for an average that the faculty mandates is something that occurs in almost every class. These marks and curves and averages all seem to forget one crucial thing: courses exist to teach material.

By proxy then, the end goal of exams is to evaluate how much of the course material a student has actually learned. This thinking makes some professors' marking systems so absurd that it is almost laughable, except for the fact that it's your mark

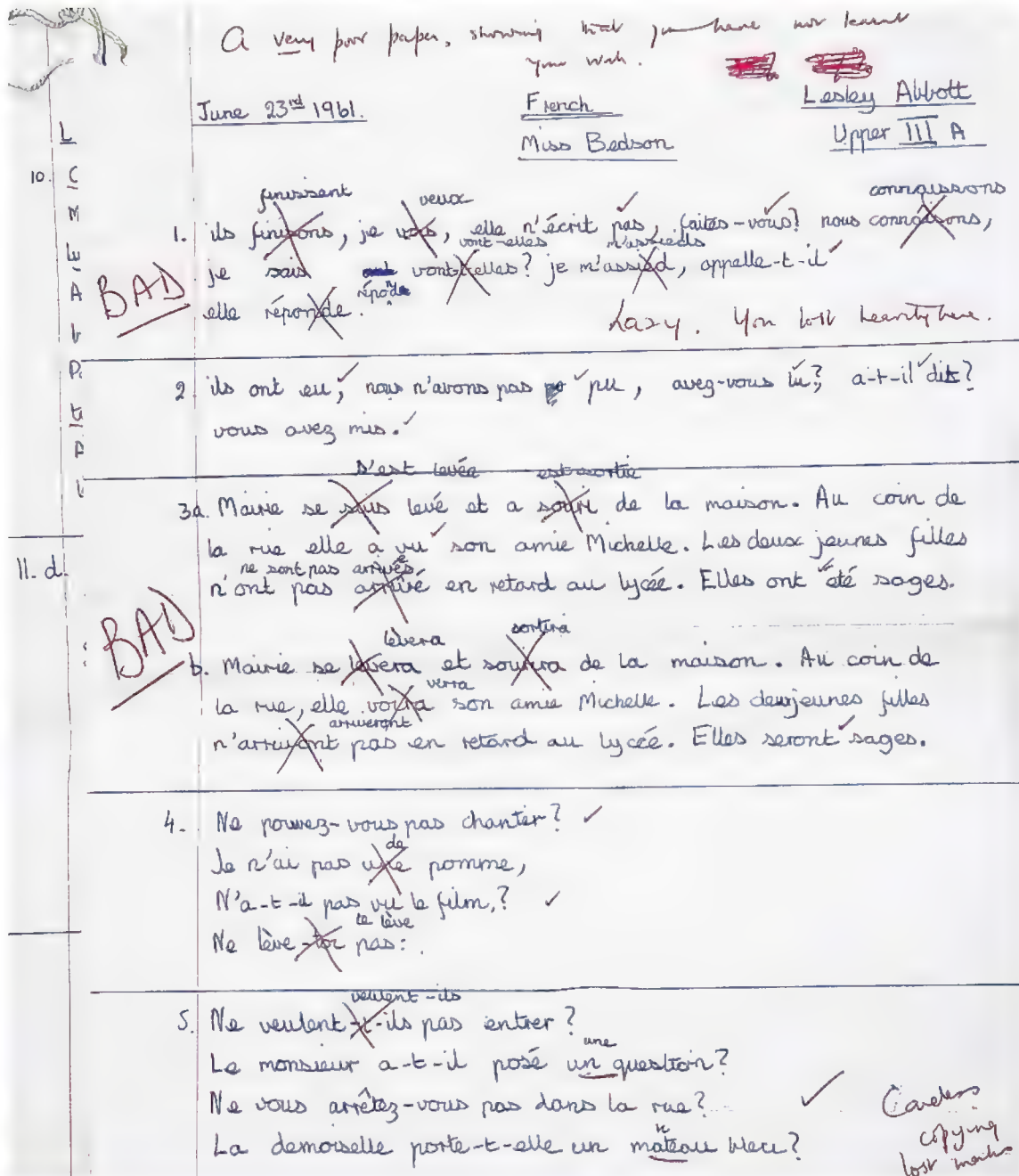
that suffers.

Was that one mistake actually representative of a third of the course material? Was that one throwaway comment actually a tenth of the course? Worst of all, was learning to read your professor's mind even taught for six per cent of the lecture time, let alone part of the course?

This prompts the questions: What are our marks actually worth? What purpose do they serve? And what are these "evaluations" actually meant to evaluate? It makes the purpose of courses seem to evaporate into thin air along with any value doing well in them actually has. It's no wonder, then, that grades don't seem to correlate to actual knowledge, when they more often than not are not marked in a way that facilitates gaining actual knowledge.

This method of marking that isn't related to course material and that isn't straightforward and transparent only harms students, both in school and out. While a bad mark on an exam may not be that big of a deal in the scope of an undergraduate degree, it has a further-reaching effect on the reputation of our university and the degrees that it hands out. If marks aren't representative of knowledge, then the value of the degrees and transcripts with which we come out of university and try to start careers is either totally lost or shrouded in confusion.

Thinking big picture or small picture, unfair marking practices that are totally disconnected from the purpose of schooling — to gain knowledge — don't make sense and should be changed. So, here's a thanks to all the professors who mark based on logic. To those who don't, remember that nobody can read your minds.



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Fermentation is making a comeback. The ancient process — which slows down the decomposition of food using natural preservatives and probiotic bacterial cultures — has been part of many cultures' histories, and is experiencing a renewal in Edmonton.



The Art of Fermentation

Written by Lisa Szabo
Photos by Christina Varvis
Design by Adaire Beatty

Jana Saco, owner of *Fully Nourished Living* and local fermentation guru, says in the six years she's been studying fermentation, interest in the practise has skyrocketed.

"There's been a huge movement and it's been people understanding the importance of fermented foods and how it works with your internal microflora."

She attributes this bolstered interest to an increase in allergies, autoimmune diseases, and chronic inflammation.

"Basically our bodies are overwhelmed with toxicity, and our systems aren't able to balance accordingly [...] but now people are really starting to go to the root of what is causing it and wanting to work there, and that's really what rebalancing your microflora is all about."

What is Fermentation?

Fermentation is not just the means by which we make alcohol. It is an anaerobic process by which foods are allowed to partially break down for the purpose of preservation and to increase their nutritional potential. Many fruits, vegetables, meats, and dairy can be fermented. In some types of fermentation, controlled ratios of natural preservatives like sea salt are used to discourage harmful bacteria from reproducing and causing the food to rot, while beneficial bacteria — already present in the food, or added by way of a starter culture — can thrive. Some ferments, like kombucha, don't require salt.

Fermentation has its roots in many different cultures, and was a common method of food preservation. Michael Gänzle, a professor in the department of Agricultural, Food,

and Nutritional Sciences says:

"If you look at cheese production—cheese was produced to preserve milk. Because if you were somewhere in the remote mountains [...] the only way you could make use of the milk [was] to make cheese because it can be preserved."

Why Should I Ferment?

According to Saco, 70 per cent of immune health is based on capacity of digestion, and microflora in the intestinal wall. But because of toxins in our food and environment, our bodies aren't able to digest nutrients as well.

"The ratio ideally would be 85 per cent beneficial bacterial and 15 per cent of other fungi, yeast, bacteria [...] but the average person is lucky if they have 5 per cent beneficial microflora," she says.

Eating fermented foods helps replenish beneficial bacteria in the gut so the digestive tract can work properly. The key word here is probiotics. But what's the difference between a probiotic supplement and the probiotics in fermented foods?

"If you go to the store and buy a probiotic, it has billions of certain strains, hopefully they're active, live. But in a jar of kraut — fermented cabbage — there's trillions of beneficial bacteria, and they're easy to digest and your body is able to metabolize them differently than a supplement that has a somewhat synthetic basis," she says.

The fermentation process also partially breaks down the food so the nutrients already present become more easily digest-

ible. But for Saco, fermentation is about more than just digestive health. It's a grounding exercise that helps her maintain a moderate pace in life.

"It's really a lifestyle, and it reconnects us to the earth from my perspective because it's all about seasons and rhythms. I know when my ferments are going too long, I've been caught up with life or gotten too busy," Saco says.

Gänzle cautions against generally ascribing fermented foods with a healthy sticker, but recognizes some fermented foods to be "a great source of compounds and organisms which are beneficial."

However, Gänzle suggests the benefits of fermentation go beyond probiotics. Fermenting, in certain foods, can remove toxins the food naturally contains. Cassava, he says, contains the toxin Linamarin when unfermented, but fermentation removes the toxicity.

"In the case of cassava — the toxin is a molecule with the glucose attached. With the glucose it's toxic, and without the glucose it's not, and so what the lactic acid bacteria do is they cleave the glucose off, and that's sufficient to convert a toxic compound to something which is harmless."

Additionally, fermenting increases flavour quality, and can offer specific benefits depending on the particular food being fermented.

"If we look at the difference [between sourdough bread and plain bread] the sourdough bread has a more complex taste profile, which means you can add more sugar and salt. The starch digestibility is different, which means the glycemic index is lower, and there are some bioactive peptides which may decrease blood pressure," Gänzle says.

How can I get started?

Saco recommends starting with yogurt.

"A lot of people are used to taking yogurt [...] so if you're already doing [that], increase to better quality yogurt. Get organic, something that is full fat so there's less processing."

From there, you can move to other ferments like kefir, kombucha, or sourkraut. She encourages newbies to start out slowly, introducing as little as a quarter cup at a time.

"It's tricky because when you are introducing probiotics some people feel benefits right away [...] but there are some people whose internal microflora is so imbalanced, that it creates a war inside."

If you're interested in trying your hand at fermenting, Saco runs monthly fermentation workshops where her students try out fermentation recipes with her guidance. Her hope is to ultimately help people feel confident about making fermented foods.

"I can teach about the benefits, I can show them how to do it, but what I find is really important is for people to actually make it with me alongside them, and for them be able to take it home and be able to taste it and learn and see what worked and what didn't work sometimes."

If you'd like to try out a workshop, you can contact Saco through her website: www.fullynourishedliving.com.

"Everyone's body bio-uniqueness is different, but the idea of understanding how your body works, and replenishing it, and connecting through your food sources to patterns to what's going on internally, that's the basis for optimum quality of life."



Do-it-Yourself Fermentation

Kombucha is a carbonated tea beverage, made by adding a SCOBY (symbiotic culture of bacteria and yeast) to a sweet tea infusion. If you're interested in trying out fermentation on your own or with a friend, here is a recipe for basic black tea kombucha.

1

Bring 3L of water to boil in a large pot.

Make sure you measure the amount of water, and don't just run your tap until you feel like it, or you'll end up with a too watery or too strong brew.

2

After your water has boiled, turn the stove off and stir in 1 ¼ cups sugar until dissolved.

Turbinado, Sucanat, White, whatever you have kicking around will do. Although it seems like a lot of sugar, the fermentation process will eat up a lot of it, and you'll be left with a sparkling beverage with a much lower sugar content than a can of basically anything else.

3

Add 3 tbsp loose leaf black tea. If you don't frequent Steeps or David's Tea, then about 5 bags of regular orange pekoe should do it. Set your phone or microwave timer to 5 minutes and let that tea steep.

Earl Grey lovers, let me stop you now. SCOBYs (the probiotic culture you'll add to your tea a little later on) are pretty straight edge, and don't like added oils like bergamot. So do our little friend a favor and keep it simple.

4

Place a mesh sieve over a sterile wide-mouth glass container and pour your liquid into it.

The sweet tea needs to come to room temperature before adding the SCOBY, so just let it hang out on the counter until it's lukewarm to touch. This hour or two can be spent creeping your ex's Facebook profile, or dipping straight into that half-empty jar of Nutella — I recommend both at once.

5

Add your SCOBY and 300mL of pre-brewed Kombucha.

This is the involved part. In order to start brewing Kombucha, you need to acquire a SCOBY and some already fermented Kombucha from a friend. If you don't know anyone already brewing, there are tons of people on Kijiji selling SCOBYs, and some giving them away for free. If that's a bit too sketchy for you, scope out a local health food store — they will likely be able to recommend someone.

6

Cover the vessel with a breathable cloth and elastic band and let it sit for 11 days — preferably in a warmer room. Saco says kombucha ferments best around 74° F.

This is the best part—partly because you don't have to do anything, and partly because you know that there is a gloopy monster sitting on your counter eating sugar and making babies. During the fermentation time, the SCOBY reproduces another SCOBY which, after 11 days you will be able to pass on to a friend—or sell on Kijiji like a weirdo.

7

After 11 days, you will have a wicked SCOBY baby formed on top of your vessel (this is why it's important to have a wide-mouth container like a cookie jar). With clean hands, separate the mom from the baby, and put both into sterile glass jars with 300mL of your fresh kombucha in each. You'll keep one for your next batch and give one to a friend.

8

With the help of a sterilized funnel and ladle, transfer your kombucha into re-sealable glass bottles (like Grolsch bottles) leaving about an inch of room at the top. You should be able to fill 3 or 4 bottles.

9

Leave these babies on the counter for three days, and then throw them in the fridge to enjoy at your leisure.

Practice makes perfect. Saco recommends having lots of tastings with your kombucha so you can keep track of sugar content.

"You want that tang sour rather than the sugary sweet," she says.

If you're new to kombucha or fermented foods in general, begin by drinking small amounts at a time — even as little as a quarter or half cup, and increase at your own discretion. Keep in mind that while your kombucha will have lost a lot of its sugar content, it still contains caffeine, so you'll probably want to enjoy it before 3pm.

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fashion streeters

COMPILED & PHOTOGRAPHED BY Christina Varvis



Merlin Uwalaka
ECONOMICS IV

GATEWAY: Why do you think fashion is important?
UWALAKA: I find that fashion is one way to express your art. Not everyone writes, not everyone sings, not everyone dances, so fashion is just one easy, everyday way to express yourself and show your personality.

GATEWAY: If you could describe your style in three words, what would they be?
UWALAKA: Fun, colorful and Afropolitan.



MADDY DUBÉ

Edmonton-raised DeMarco comes back home

Jamie Sarkonak
STAFF REPORTER • @SWAGGKONAK

Few artists willingly give out their address to their fans, and even fewer include an open invitation for coffee with that.

Mac DeMarco is different though. His laid-back mini-LP, *Another One*, ends on an open invite that goes, "Stop on by, I'll make you a cup of coffee." The album's brought DeMarco closer to his listeners, literally — around 600 people have taken up the offer. They've brought the artist all sorts of gifts. Some are as simple as a mug, while others are less standard, like tobacco plants and musical instruments.

"You've gotta be a special kind of person to take somebody up on an offer like that," he says. "And so I've met a lot of cool people and I've met a lot of weird people but I don't regret it."

Conversations with DeMarco's visitors have ranged from long and deep to awkward and "just wanting to get a photo." It's fine either way, DeMarco says.

For the past couple years, DeMar-

co's home has been New York. It's fast-paced in comparison to Canada. And expensive, he says.

"It's got its own flavour and it's got its own thing going on," he says. "There's tons of Canadians, Australians, Chinese people, Europeans ... It's just a huge crazy zone."

There was no clear goal of *Another One*. Writing the album has been more about self-reflection for DeMarco, which is really the only time he has to himself. Though writing is his hobby, touring for most of the past four years hasn't given DeMarco too much time to write. He's only able to write when he's alone, and only alone in the snippet of time where he's not on tour.

"(Writing is) a reflection period for having been away and from having been on the road for so long," he says.

Another One was written with a more whimsical tone than his past work. Instead of trying to write songs with meaning, DeMarco just wrote to reflect how he's been feeling lately, which he describes as "lovey-dovey."

"I just had some fun writing some songs and if people want to take them and use them for their own devices they can," DeMarco says. "The last album I did a lot of 'This is about this,' and 'This is about that,' and this time I just kind of decided that's not really that important."

DeMarco's time in New York has opened him up to many different influences. So many different bands roll through, making the music scene "oversaturated." It's a way to try new, cool things, he says. In the future, he might leave the city, but he might not.

"It's kind of always up in the air for me," he says.

DeMarco has been touring Canada recently, including a recent Halloween performance in Vancouver. It's been a few years since the band has performed on Halloween, in costume. This year's theme was Star Wars — the entire band went as Darth Maul. It was funny, so it was worth it in the end, DeMarco says.

"If one person does Darth Maul then it's not funny," he says. "But if (everyone) does Darth Maul then I think that's kind of funny."





CHRISTINA VARVIS

Streetwear brand sticking to their own pace amidst success

Raylene Lung
ARTS & CULTURE WRITER

Nestled in small, white washed room is Wes O'Driscoll's clothing studio. He started the intimate brand Nowhere Fast in 2009, after branching out from his photography publication under the same name. It was just for fun in the beginning but after screen printing the label on tees in his kitchen to get the word out, people turned their attention to the merchandise. This inspired O'Driscoll to pursue his interest in fashion and put his own twist on Canadian-made fabrics. The brand expanded online and across the city, and when O'Driscoll took the label

more seriously two years later, he released his first substantial selection of items. Nowhere Fast was quickly on the rise.

"They ended up selling in bigger quantities to different places around the world," says O'Driscoll.

His branding approach is dominated by monochromatic colours and basic styles and the thought of changing that terrifies him. "I was always into people's reactions to anything ... seeing how people react to not only what I'm making but just anything," notes O'Driscoll.

That inspired the approach of putting legible words like "Sports," "Autumn" and "Only The Lonely"

on one tone t-shirts. An aesthetic O'Driscoll coined in order to spread the word about Nowhere Fast across the city.

"I think the worst part would actually be feeling that I made something that people weren't into." And what people are into is what drives O'Driscoll's brand inspirations. However, with all the success that he has conjured, O'Driscoll never wants the Nowhere Fast label to become too marginalized. "I don't like the idea of wearing the same thing as thousands of people so I would never make thousands of one item", says the creator.

Making anything to begin with was O'Driscoll's initial struggle,

searching endlessly for Canadian manufacturers who were willing to make his clothing with ethically sourced fabrics and well paid workers.

As for suppliers, Nowhere Fast currently sells out of Gravity Pope in Edmonton and Less 17 in Calgary. There are other places on O'Driscoll's wish list but like other aspects of the brand, he is taking things slow. He plans to reassess the brand and educate himself even more. Focusing on the retail side of the label, he hopes to turn his studio into a retail space, to blossom into a store owner with a house brand.

"I want to keep making things that people like," says O'Driscoll, and

this is something that he intends to do, without falling into the category of cheaper knockoffs.

He intends to salvage the originality of his branding and continue to progress. With plans to come back stronger than ever, with a more developed line. For now, O'Driscoll plans to take some time off to focus on the recreation of the studio. There is in no rush in developing and expanding the brand.

"I like the pace that everything is going and I'm having a lot of fun doing what I'm doing and making all my connections. I think it makes for a really interesting story to do it all on my own," O'Driscoll says.

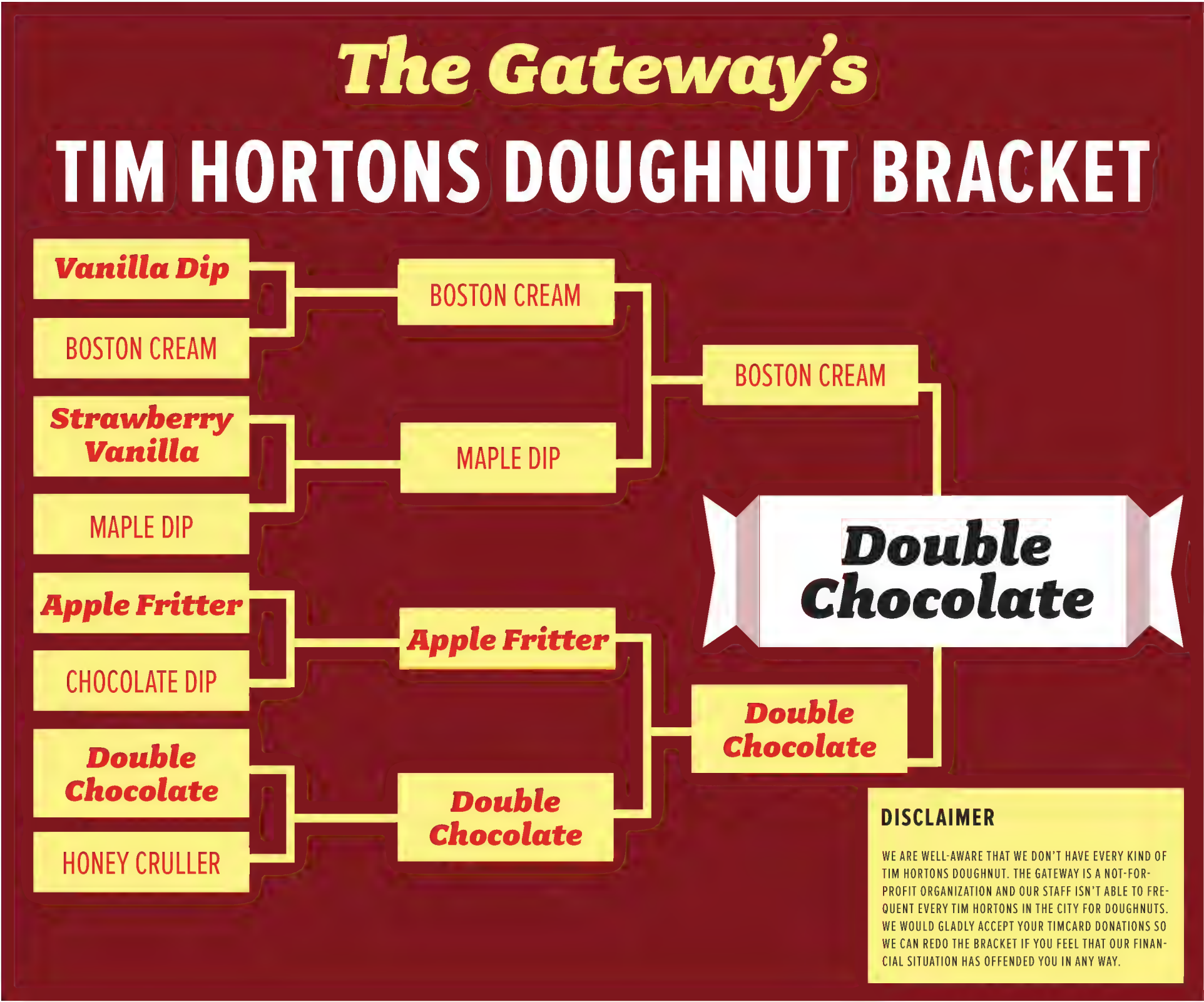
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Vanilla Dip

The sprinkles to doughnut ratio is key for the vanilla dip, it's an underrated characteristic of the doughnut, who doesn't love sprinkles. The add an important visual aspect to your doughnut. Our only wish is they used the round, Nerd-like sprinkles instead of those wimpy, skinny ones.

CHOCOLATE DIP

Who doesn't love the chocolate dip? How about when the doughnut is fresh with a gooey chocolate top? What about when that perfect chocolate goodness cools off in the little brown pastry bag and the entire god-damn top gets stuck to the bag. Goodbye chocolate dip. This doughnut travesty hap-pens all too often to this favorite.

BOSTON CREAM

"It's like biting into a regular doughnut and you're like — this is a regular doughnut. ugh, this is okay. but then it ejaculates into your mouth and it's like whoa, this is amazing. You bite it once and then you realize it's filled with cream, and then you ball it up all together and it's gone." — Cam Lewis

Apple Fritter

We're not sure if adding the caramel filling to the already classic doughnut was needed, but it sure was welcomed. A warm, crisp fritter dusted with confectioner's sugar isn't anything like an apple pie, but this treat comes close. Also, if you're looking for a bang-for-your-buck doughnut, the apple fritter has the greatest surface area, and is a good bite or two more than anything else on this list. The only thing missing are actual chunks of apple.

Strawberry Vanilla

You would think that strawberry jam in a doughnut would be amazing, but it adds a layer of messy sweetness that's completely unnecessary. The overkill of sweetness and mess makes for a treat that's more effec-tive as a "muff dive" vs. an actual doughnut. Bring one to the bar if you want to embarrass your drunk ass friends.

HONEY CRULLER

It's a classic for a reason. Sure there are probably more than 400 calories in a full cruller, but nutrition can be overlooked when your doughnut tastes like grandma's pancakes. Its light, air-y and fluffy texture combined with that signature cloying honey sweetness will have your mouth reaching for another bite before you're even done chewing.

MAPLE DIP

Simple, quintessentially Canadian, you cannot deny how important the maple dip is to our culture today. The Maple Dip brings the patriotic, thick syrupy taste of syrup to the standard breakfast dough-nut. Who are we kidding, if you're ever needing an extra kick of patriotism, go get yourself a maple dip.

Double Chocolate

This doughnut is perfection. The sweet chocolate glaze contrasts perfectly with the fairly dense, yet luscious chocolate pastry to give chocolate lovers a perfect chocolate experience. Surprisingly, the chocolate-on-chocolate doesn't create an overwhelmingly sugary doughnut — but the dueling cho-co-late layers create a simple concoction that's worthy of a meal-replacement. If you're buying an assorted box of doughnuts, this is the most likely to be gone before you even have the option of picking it.



SUPPLIED

Victoria artists tower over competition

MUSIC PREVIEW

Towers and Trees

WITH Boreal Sons, Brian Christensen

WHEN November 17, 2015 8:00 p.m.

WHERE The Buckingham (10439 82 ave)

HOW MUCH \$8 advanced, \$10 at the door

Shaylee Foord
ARTS & CULTURE WRITER

Towers and Trees has come a long way since it's beginning as a "collaborative, free-spirited solo project" by singer-songwriter Adrian Chalifour. The Victoria-based project has evolved into a group about to go on tour with their first full-length album, *The West Coast*.

Chalifour says that the project came about as a way to reclaim his own creative identity at a time when he had given up on sharing his music.

"That whole part of my character that I was trying to shut down, and pretend didn't exist wasn't going away ... Being a musician, and an artist and creator is part of who I am," says Chalifour.

A month after he began the project, a friend came to him with the idea

to collaborate, and they began calling on other musicians they knew. Within a few months, Towers and Trees had transformed into a group of artists getting together to share their talents, and in 2012, they recorded their first EP *Broken Record*.

Following the release of *Broken Record*, the band experienced what Chalifour calls a "whirlwind 2013." Their music was being aired on the radio in B.C., they were touring, playing festivals and shows, and all the while, Adrian was writing new songs. The songs on *The West Coast* come from a place of both ending and beginning for Chalifour, written while he was learning to navigate the world after the end of his marriage. The title track is a tribute to those feelings, and also to the home where the bulk of his life, and this journey unfolded.

"It's the line that separates those two chapters — the part that's about coping with the debris from the hurt, and then the idea of moving forward," notes Chalifour.

From there, the group "holed up" on Vancouver Island to put together arrangements for all the songs, with each artist adding something new to the sound. They paired up with producer and engineer Alex Aligizakis to take their creative vision and make it into the best possible sound, recording the bulk of the album at Electric City Sound in Victoria.

It's difficult to say what other artists inspire the sound of Towers and Trees, because each member of the group is unique and brings different things to the table. For Chalifour, his writing is inspired by great songwriters and lyricists like Leonard Cohen who he says "manage[s] to frame something common, like falling in love, in a way you've never heard it before."

As a group, however, Chalifour draws his inspiration from great performers. His first great musical influence was when he started playing in church, and he's always thought of music not as performance, but as a vessel to bring a room full of people together. "It feels like the audience is a part of the experience. Every performance is a little bit different, because every audience is a little different... We try to take a disparate room of people and connect them all around a similar experience, or a similar moment," says Chalifour.

The artists who do that best aren't necessarily "cool influences to drop", according to Adrian, but it's hard to deny the power a good performer has over their audience.

"Artistic merit aside, there's something about the gift that Bono or U2, or Chris Martin possess that they can make a room full of people feel like they're part of something ... make 20,000 people feel like they're sharing something," Chalifour says.

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vino bitches

Black Label Pinot Grigio WRITTEN BY Eryn Pinksen

After studying for several hours at the local coffee shop and not wanting to leave out of pure laziness, I desperately asked the charming barista if they sold wine and to my pleasant surprise they did! I asked for their fanciest yet cheapest wine, the barista suggested the "Black Label" Pinot Grigio, which looked and sounded sophisticated. Naturally, I judged the book by the cover and was not disappointed.

The wine pours a pale golden color, eerily similar to tainted water. However, the light notes of apple on the nose and hints of tropical fruit on the palate make up for the off-putting color. The lightly fruity flavor tickles the end

of your tongue with every sip and the after taste of pear leaves your palette wanting more.

Black Label Pinot Grigio is easy to drink and pleasantly not too sweet, so there is no feeling of instant headache. While you may argue that all wine is just grown up grape juice, this is good grown up grape juice! For \$9.99 there are no subtle notes of nail polish remover and the wine goes down smooth. What else can you ask for? Sure, this wine might be the embodiment of a 47-year-old alcoholic mom, but at least she's the fun one flirting with Mrs. Waldorf's ex husband during wine night. To be warned, this wine does bring out the real gossip girl in you. I feel posh drinking this.

Sports

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Dinos take second bite out of Bears, end their season

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

It seems like a very long time ago that the Bears football team was 2-0, in a tie for top spot in Canada West.

Thanks to a slew of injuries and tough losses however, they found themselves in a do or die game against the undefeated Calgary Dinos on Saturday, one that they would ultimately lose by a final score of 64-28.

Due to the Saskatchewan Huskies' last minute heroics over the Regina Rams, the Bears faced a must win game against a very tough opponent, and in the end, the Dinos simply proved too much for the Bears.

The Bears looked to start the game with a bang, as Steven McCaffrey picked off Dinos quarterback Andrew Buckley on the Dinos first possession, Buckley's first interception of the entire season. Unfortunately, the Bears gave the ball back on the very next play, as running back Ed Ilnicki fumbled on the Bears' very first play after the interception.

The Dinos would take advantage, as running back Mercer Timmis rushed for a four-yard score to give the away side a 7-0 lead.

The Bears would look to answer, but could not convert on a fake field goal, coming up short and turning the ball over on downs. It only took the Dinos one play to double their lead, as Buckley fired a strike down the sideline to Rashuan Simone, who ran into the end zone untouched for a 99-yard score. The Dinos would add one more touchdown before the first quarter ended, and led 21-0 going into the second.

The Bears answered quickly however, as Ilnicki converted on a one-yard touchdown run to cut the deficit to 14. After the Dinos added a field goal and Simone scored his second touchdown of the game, the Bears looked to be poised to answer again, but Ilnicki fumbled for the second time in the game at the Di-



DOMINANT DINOS The Calgary Dinos eliminated the Bears from playoff contention with a 64-28 win on Saturday.

JOSEPH NGUYEN

nos' 22-yard line, handing the ball back. The Dinos were able to add another field goal before the end of the half, and entered the third quarter up 34-7.

It was more of the same in the second half, as Buckley once again found his Simone, this time for a 49-yard score, to put the Dinos up 41-7. After another Dinos touchdown and a rouge, the Bears were able to strike again, as quarterback Brad Baker found Nathan Filipek for a 24-yard score.

The game was well in hand by this point however, as even though the Bears were able to outscore the Dinos in the fourth quarter, it wasn't nearly enough to pull them back into the game. Jimmy Ralph and Zach Wilkie added touchdowns in the fourth, but the Dinos still

cruised to the easy victory.

Despite the loss, head coach Chris Morris was proud of how his team played.

"I was very proud of their effort, I don't think they stepped back at all," Morris said.

"That's the best team in the country, and we fought them hard."

The Bears were able to rack up 648 yards of offence in the loss, but Calgary still outgained them by over 200 yards, capitalizing on the Bears' young defence, that has been stretched very thin this year due to injuries.

"We were struck by injuries this year," Morris said.

"Sometimes you're not quite ready for the stage, and we had some guys out there that were trying to play at a very young age, and

they did their very best and gave us everything we had."

Rookie quarterback Brad Baker performed very well in his first career CIS start, completing 25-39 passes for 449 yards, while throwing three touchdowns and two interceptions.

Morris was very complementary of Baker's play.

"He's an outstanding player, an outstanding kid, and an outstanding prospect," Morris said.

"I can't be upset with him because he's only played one CIS game, I'm proud of him."

At the end of the day, the Bears were still competing for a playoff spot on the last day of the season, something that has been absent in recent years. Baker talked about the excitement that the team was

feeling before the game.

"Our energy was high, and we were excited and ready to go," Baker said.

Jimmy Ralph had a massive game, leading the Bears receivers with 220 yards on eight catches, to go along with a touchdown. Tylor Henry also added 73 receiving yards, and had 262 all-purpose yards on the game, mostly from kick returns.

On the Dinos side of things, quarterback Andrew Buckley had a massive game, completing 20 of 27 passes for 463 yards and three touchdowns, setting a single season CIS passing record in the process, as he finished the year with 3162 passing yards. Buckley's 49-yard touchdown pass to Simone in the third quarter pushed him past Ottawa's Derek Wendel, who set the record last year.

Simone gave the Bears fits all day, finishing the game with 272 yards on nine catches, to go along with three touchdowns. Hunter Karl and Brett Blaszkowski also chipped in 94 yards apiece for the Dinos.

For the Bears' lone fifth year player, the game was a bittersweet one. Linebacker Connor Ralph played his last CIS game on Saturday, and talked about the experience.

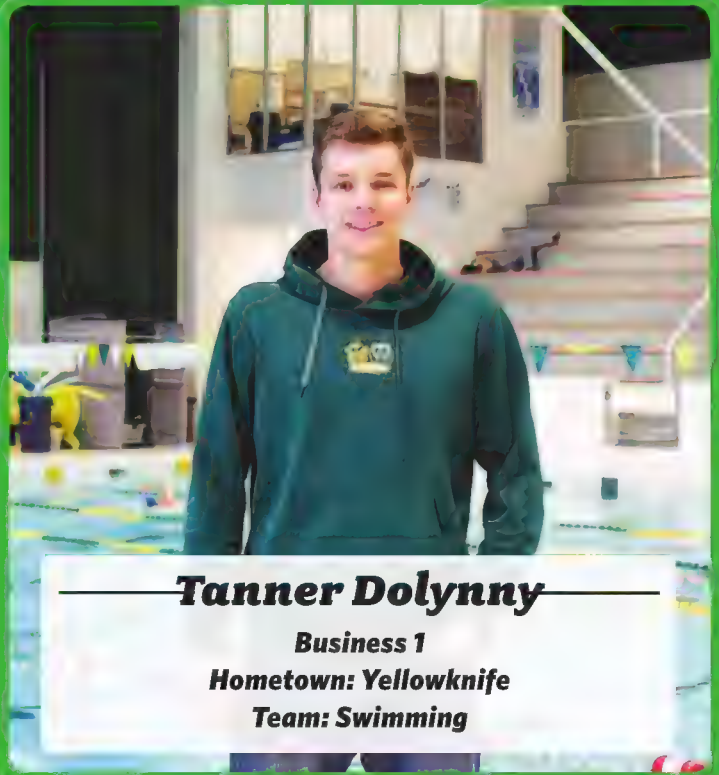
"I was pretty sad after (the game), but I think I've come to terms with it," Ralph said.

"Once it got to the third quarter I kind of knew it was over, but it's been a good ride for sure."

The Bears will now head into the offseason hopeful for next year. They're a young team with a lot of potential; something that Morris said makes him excited for the future.

"We've got a very good group of kids here, and we've just got to keep getting older together," Morris said.

"I'm excited for the next few years, but that being said, excitement alone doesn't get you anything, we need to keep working to get bigger, stronger, and faster, and make that our mandate for the offseason and moving forward."



Tanner Dolyunny
Business 1
Hometown: Yellowknife
Team: Swimming

JAMIE SARKONAK

ATHLETE OF THE WEEK

WRITTEN BY Jamie Sarkonak

Q: What made you come to Edmonton?

A: Honestly, the swimming program really drew me. And my parents both graduated from the U of A in Pharmacy, so it was a family decision also.

Q: What's the biggest difference between here and there?

A: It's cold in Yellowknife. This is pretty tame.

Q: How'd you get into swimming?

A: I didn't like skating, and hockey is king up north. So I just decided to go the opposite and swim.

Q: Why did you stick with swimming over the years?

A: It's a love hate thing. We don't know why we don't stop swimming, no one really knows. There's not a lot of glory or money in it, and we pretty much spend most of our time look-

ing at a black line at the bottom of a pool. I don't know. We do it to continuously improve and that's a good thing?

Q: Is there any moment in your university swimming experience that stands out?

A: When someone does something they make a time, or some sort of qualification they didn't expect they would do that weekend because they were feeling bad or they didn't have it in them, and then all of the sudden they just do it. I love that. That feeling is amazing. Like, no one expected you to win a medal, or no one expected you to make finals and then you just did it.

Q: What's it like to compete on our team?

A: It's really good, we have a very good sense of family on the team. We all know each other, we all joke around, we all hang out. We all went to Halloween together.

Bears basketball led by youth this year

Jason Shergill
SPORTS STAFF

Overview: As the Golden Bears enter year 2 of the post-Jordan Baker era, the team will continue to grow its younger players as it finds new players to contribute and perform on a consistent basis. With the departures of two of their three top scorers from last year: Joel Friesen and Kenneth Otieno, as well as a whopping seven first year players joining the team, postseason play will be no guarantee, despite having made it to the Canada West playoffs for over a decade straight.

Key players: Forward Mamadou Gueye, the only returning player to have started the majority of the Bears' games last year, will be expected to carry a bulk of the scoring load, as well as take on a leadership role. As a sophomore last year, Gueye was second on the team in scoring with 16.9 points per game, and also led the team in rebounds with 7.3 per game. As for the large amount of incoming talent, expect Brody Clarke to become

a big contributor to this year's team. Clarke, who red-shirted last year for the Bears as he recovered from multiple knee surgeries, is the only player in all of the CIS to make the Canadian National U-19 Team this past summer. Though he has no university playing experience, Clarke is expected to be in the starting lineup right away.

Last season: The Bears sported a 14-6 record last season that was punctuated by an eight game winning streak to end the season, but lost in the Canada West quarterfinals to the Victoria Vikes. With such a strong end to the season, the team surely expected a better performance in the playoffs, but they simply could not get past Victoria, as their year ended abruptly with a sweep. The team mainly relied on the scoring of Joel Friesen, Mamadou Gueye and Kenneth Otieno, while Youssef Ouahrig served as a steady hand at point guard. Unfortunately for the Bears, only Gueye will be coming back this year, which leaves some holes to be filled.

This season: The Bears start the year with a tough matchup on November sixth in Vancouver, as they take on the UBC Thunderbirds, before coming back to Edmonton for their home opener on the Nov. 13 to face the University of Winnipeg Wesmen. These early games will likely include some experimentation with the lineups from coach Barnaby Craddock due to the lack of continuity from last season. As for getting another shot at Victoria after last season's playoff exit, the Bears won't get until January, when they will host the playoff-poised Vikes on the Nov. 15 and 16. The Bears will again get to face the Calgary Dinos, but in an unorthodox fashion as they travel there on December 5th for a game, but won't get their second game until their last game of the season on Feb 20.

Prediction: The Bears, while in a bit of a transition year, should still make the playoffs, but don't expect a trip to the Canada West Final Four. A lot of this year will be focused on growth, as the team will try to figure out what it has in its seven incoming freshmen.



YOUTH MOVEMENT Bears basketball will feature a host of new faces this season.

KEVIN SCHENK

Hoop Pandas looking to veteran leadership

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

Overview: The Pandas have been consistent as one of the top teams in Canada West over the past few years. Although they haven't won a CIS championship since 1998-99, the Pandas are regular features in the Canada West final four and CIS championships, and haven't missed the playoffs since 2004-05. Despite a high player turnover from last year, the Pandas should look to continue their winning form from years past.

Key players: With five of the team's fifteen players being first years, the Pandas are a team that will have to rely on veteran leadership. Thankfully, the Pandas do have a solid core of fourth and fifth year players, most notably fifth year guards Megan Wickstrom, Jessilyn Fairbanks, and Renee Byrne. The Pandas lost their leading scorer from last year, Saskia van Ginhoven, to graduation, and replacing her 16.7

points per game and 58 per cent field goal percentage will certainly be no small task. Wickstrom and Byrne will now have to fill in for the now-graduated Sally Hillier, who was the team's third leading scorer last year. The Pandas new players will have to step up, as van Ginhoven and Hillier were huge parts of the team's offence. They also lost their leading scorer off the bench in Kendra Asleson.

Last season: The Pandas were a force in the Pioneer division last year, finishing third with a 16-4 record, only trailing the UBC Thunderbirds and Saskatchewan Huskies. They were a very consistent team throughout the season, losing consecutive games only once, and riding that strong performance into Canada West playoffs, where they easily dispatched their cross-town rivals the MacEwan Griffins in the quarterfinals. Their performance at the Canada West final four tournament was enough to book them a trip to CIS nationals, where they

would end up finishing fifth out of eight teams.

This season: The Pandas will face an early test this season, as they open on the road against the UBC Thunderbirds, who finished first in the Pioneer division last year with a 17-3 record. This game will be a nice early season litmus test for the Pandas to see if they still stack up to one of the most formidable teams in Canada West. Other important dates on the calendar include a late season matchup with the Pioneer division's other dominant team: the Saskatchewan Huskies. Played on Feb 12 and 13, this game could be crucial for both teams in terms of seeding for Canada West playoffs.

Prediction: Even with the loss of some of their top contributors from last year, the Pandas still have enough depth to compete in Canada West, and should be near the top of the standings once again this year. Expect them to be a dangerous team come playoff time.



HOOP DREAMS The Pandas are looking to make it back to CIS Nationals.

MIGUEL ARANAS



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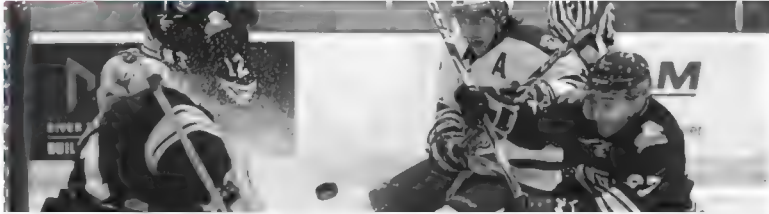




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Muggles rejoice: Edmonton Quidditch scene rapidly growing

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

Although his enjoyment of the Harry Potter franchise initially drew him in to Quidditch, it was the sport itself that brought Chris Radojewski back.

When you envision Quidditch, you might imagine an exact recreation of the game invented by J.K. Rowling, robes and all — but the actual sport played in the Muggle world is far from that.

The nomenclature remains largely the same as it does in the books. There are seekers, beaters, and chasers, in addition to a quaffle, snitch, and bludgers, but the way they're employed is slightly different. Since there isn't an actual magic snitch, it is reimagined as a person that the seeker can chase around throughout the match, and if they are able to detach a flag from the back of the snitch's shorts, they will be awarded 30 points. Instead of iron cannonballs, the bludgers are dodgeballs, and any player hit with one must retreat to their own hoop before rejoining the action, as opposed to suffering a life threatening fall from a broom as was depicted so often in the books.

In reality, there are three separate games going on in any one game: the attempts by the chasers to score on the opposing team's hoops which is reminiscent of handball, the attempts by the seeker to catch the snitch (who is released at the 18-minute mark of each game), which is similar to flag football, and the attempts by the beaters to control the bludgers, of which there are only three, referred to as "bludger superiority." Teams fighting for bludgers within the game has a dodgeball-like quality, as they try to control the majority of bludgers, while still attempting to eliminate the opponent's chasers.

As evidenced by the complexity of the rules, this is far from the Harry Potter cosplay that some might imagine when the word "quidditch" is first mentioned to them. It's a separation of the sport and the Harry Potter universe that Radojewski was quick to point out.



NOT JUST FOR WIZARDS The Edmonton Aurors are bringing the sport of Quidditch into the mainstream.

OUMAR SALIFOU

"What keeps me playing quidditch is a love of the sport itself, not my love of Harry Potter," Radojewski said.

"Quidditch is a very intense sport by itself, and that's what I like to play."

Currently, Edmonton hosts the Edmonton Aurors quidditch club, which is a more recreational form of the game, new members are encouraged to come and try the sport. The Aurors are affiliated with the Alberta Clippers, which is a competitive team made up of players from both Edmonton and Red Deer. Most seasoned players from the Aurors club also play with the Clippers.

Due to a lack of close competition, the Clippers haven't had many competitive matches of late, last year meeting a team from Winnipeg

for a game in Moose Jaw, Saskatchewan, but Radojewski, who currently sits on the Aurors executive team, said that the goal is to grow the sport so that more local games are possible.

"There's a logistical challenge before we sort of hit a tipping point, but that's what we're working towards," Radojewski said.

"As the development teams pick up speed and become competitive teams in themselves, you're going to have a really growing region, and (the game) has grown really fast in Edmonton specifically."

The Aurors also want to branch out the University of Alberta, where there was a loose amalgamation of quidditch enthusiasts, but no formal organization.

Fellow player and Aurors executive Marysia Wojcik was involved

with quidditch at the university, but said the organization never really materialized into anything more than that.

"There were no set times, and I don't think there was any set leadership," Wojcik said.

The game itself certainly does appeal to a university audience, as third year business student Indiana Nikel would attest. He said he was drawn in by the sport's unique dynamic.

"It's almost three different games played in one," Nickel said.

"There's the quaffle game, which is like handball or rugby, then there's the beater game, which is like the dodge ball side of it, and then there's the seeking, which is a whole different monster."

Wojcik also mentioned the added benefit of local competition and

support if a club were to be formed at the university.

"The Edmonton Aurors are great, but to have two teams in one city would immediately make it more fun," Wojcik said.

"We would actually have somebody to play against, and the teams would be really be able to support each other."

This weekend, the Clippers will be hosting a tournament in Kelowna against several teams from Alberta, B.C., and the U.S. Teams from Simon Fraser university, the University of Victoria and UBC will be competing, as well as the Rain City Raptors, a team based in Washington State, and a team from Western Washington university.

Radojewski said he was looking forward to playing some different competition.

"Kelowna is the opportunity to really bring teams together," Radojewski said.

"Last year we didn't have a competitive game until Nov. 14, this year it was Oct. 3, so people know what it's like to play at a higher level, and they know what to work towards."

Ultimately, all the players I talked to all mentioned one thing: the fact that quidditch is more than just a make-believe sport that exists because of Harry Potter.

"I go to the gym, I train, not because of my love of Harry Potter, but because I want to be a better quidditch player," Radojewski said.

"I don't really play (quidditch) because of Harry Potter, I play it because it's a fun sport. I play rugby, I play soccer, this is just another sport that I like to play," Nikel said.

"Being a Harry Potter fan definitely brought me to quidditch, but it didn't make me stay, it's the actual sport that I like, and the community and the people," Wojcik said.

The Edmonton Aurors hold regular practices at Kinsmen Park every Sunday, and will continue to practice indoors once the weather gets too cold. A regional tournament will be held for competitive teams from western Canada on Feb. 1, and Canadian nationals will be held from March. 27-28 in Burnaby B.C.

Bears' Ralph plays final CIS game, reflects on being only fifth year on squad

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

To call Bears football a young team would be an understatement.

With the end of another season, the attention once again falls on graduating players. The Bears have very few, with only four players graduating, and only a single fifth year player: linebacker Connor Ralph.

While both the UBC Thunderbirds and Manitoba Bisons also have a limited number of fifth year players, with the Thunderbirds having two, and the Bisons having three, only the Bears went forward this year with a solitary fifth year player.

Ralph reflected on his experience playing the final game of his CIS career.

“Just take advantage of the opportunity that comes and try to get better every day.”

CONNOR RALPH
LINEBACKER, BEARS FOOTBALL

"I knew it would be a tough game," Ralph said.

"Once it got into the third and fourth quarter, I kind of knew it was

over. It's been a good ride for sure."

Ralph was a rare veteran on a Bears roster that featured 60 first year players and 17 second year players, but his leadership wasn't all talk. He also got it done on the field over his tenure at the U of A, leading Canada West in tackles in both 2013 and 2014, while also being named to the Canada West all star team in 2014 — the Bears' lone defensive representative. This year, Ralph finished his season with 50.5 tackles, good for a tie for third in Canada West.

Head coach Chris Morris spoke very highly of his lone fifth year player.

"I want to thank Connor for everything he's given the program," Morris said.

"He's been an outstanding player for us, and a good leader, and I wish him all the best."

"It would've been nice to end (his career) with a playoff game, but unfortunately, we couldn't get it done."

The Bears have a number of players entering their final year of eligibility next year, including linebacker Brandon Foster, kicker Stephen Fabian, defensive back Stephen McCaffrey, and linebacker Tom Tsoumpas.

Ralph said his advice to the players

stepping into those leadership roles was to take advantage of every opportunity they're given.

"You could have your best year in your third compared to your fifth year, you just never know," Ralph said.

"Just because you're getting older, doesn't all of a sudden mean you're going to be a better player. Just take advantage of the opportunity that comes and try to get better every single day."

Despite the Bears missing the playoffs this year, Ralph is optimistic for the years to come, and thinks the Bears will be in the playoffs sooner rather than later.

"I think they're got some great young pieces, and I think they can get this thing turned around," Ralph said.

"There's a lot of young talent there, so I really think the program is going to be good in the next couple of years."

The Bears haven't made the playoffs since 2011, and they will now look to take the step into postseason football for the 2016 season. Ralph said he'll be watching.

"I'll definitely be a supporter of Golden Bears football, because they treated me good, so I'll make sure to return the favour to them."



SOLITARY SENIOR Connor Ralph was the Bears' lone fifth year this season.

KEVIN SCHENK

Soccer Bears suffer quarterfinal exit

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

There are no guarantees on the soccer field.

Despite being favoured and higher ranked in their quarterfinal against the Fraser Valley Cascades, the Bears soccer team exited Canada West playoffs earlier than they anticipated this year, courtesy of a 4-3 loss.

Both teams played a fairly conservative first half, with the Cascades holding a slight shot advantage, outshooting the Bears 4-2, while also scoring the lone goal. Kree Byrne finished off a nice through ball from Mason Thompson, to give the Cascades the advantage in the 30th minute.

The visitors would double their lead in the 66th minute, as Connor MacMillan finished off a two on one to give the Cascades another goal.

Macmillan's goal kicked off a torrent of scoring from both teams. The Bears would respond just under three minutes later, as Daniel Baker-Rothschild poked home a loose ball in the box. The Cascades and Bears would exchange goals in just under a minute after that, to make the score 3-2 Cascades heading into the last 20 minutes of the game.

The two teams weren't done there however, as Tolu Esan scored for the Bears in the 80th minute to tie

the game at three apiece. It looked like the game was headed into extra time, but MacMillan scored his second goal of the game in the 83rd minute to give his team the lead — capping off a crazy 17-minute stretch which saw each team score three goals.

Head coach Len Vickery said that his team put in a good effort, despite the less than desirable result.

"(There was) no problem with the effort, the effort has been there all season," Vickery said.

"It was just one of those games where we were desperately trying to get on track offensively early on, but didn't quite get there."

The Bears were able to find their game, scoring three goals in the final 21 minutes of the game, but unfortunately for them, the Cascades were able to answer, something that Vickery spoke about as well.

"Fraser Valley scored on some mistakes we made while we were trying to get on track," Vickery said.

"As much as we played OK territorially, and possessed the ball quite well, we were struggling to find those scoring opportunities up front."

The Bears certainly didn't do themselves any favours by falling behind 2-0, and while they were able to fight back to tie, the first two goals for the Cascades were ultimately the deciding factor in the

game.

"It was only when we got a goal or two behind that we found the extra impetus to create those goal scoring opportunities," Vickery said.

"I think the rigors of a very intense fall season started to wear on people, and unfortunately, players were having to overcome some discomfort with injuries," Vickery said, acknowledging that both fatigue and injury were also factors in the outcome on Saturday.

"We're fighting a very competent opponent, but we're also fighting to overcome the problems we were experiencing from a fitness point of view."

Now, the Bears look toward the offseason, where several notable players will be moving on, including C.J. Gilroy, Logan Grenier, and Victor Karosan, who were all in their final years of eligibility.

Niko Saler and Mohamed Teliani will also be moving on, as they completed their degrees this past year. Both were significant contributors to the Bears this season, and will be difficult to replace going forward.

Despite these losses, Vickery was optimistic for the future, since the Bears are still a very young team.

"What bodes well for the future is that we have so many first and second year players," Vickery said.

The Cascades will now face the UBC Thunderbirds in the Canada West semifinal on Friday, Nov. 6.



UPSET ALERT The Bears lost to underdogs UFV.

KEVIN SCHENK



EARLY EXIT The Pandas lost their quarterfinal 1-0.

JOSHUA STORIE

Nationals dream dashed for Pandas soccer

Zach Borutski
SPORTS EDITOR • @ZACHSPRETTYCOOL

The Pandas quest for a second consecutive trip to CIS nationals was stopped short on Sunday, as the team lost a tight 1-0 game to the fifth ranked Trinity Western Spartans.

It was a close game throughout, but the Spartans were able to break through early with a goal in the seventh minute from rookie forward Rachel Hutchinson, who capped off her tremendous performance against the Pandas this season with her fourth goal against them in just two matches. Hutchison was able to convert on a nifty cross from Seina Kashima to give the Spartans the early advantage.

To their credit, the Pandas fought hard, to try for the equalizer, Julia Ignacio hammered a shot off the crossbar in the 53rd minute, and in the 78th minute, the Pandas had their would be equalizer called back because of a foul in the box.

Jamie Pasemko had another opportunity in the dying seconds of the match, but Spartans keeper Ally Williamson was equal to the challenge, stopping all three shots that were directed her way.

Despite the loss, head coach Liz Jepsen said she could not fault the effort or execution of her team.

"Watching the girls play, each and every one brought their 'A' game," Jepsen said.

■ **"The only disappointing thing on the day was that we didn't get the win. If you're looking at performance, they brought their everything to the game."**

LIZ JEPSEN
PANDAS SOCCER HEAD COACH

"(Trinity Western) is a top ten team, they have been all season, and we outshot them, and I think we did everything we could to create opportunities."

Trinity Western certainly played within character, as they now haven't allowed a goal since Oct. 9, a span of 542 minutes. A big part of that has been keeper Ally Williamson, as she led Canada West in save percentage and goals against aver-

age this year.

"On the day, I'd have to give full credit to Ally Williamson, she was outstanding," Jepsen said.

"From the sidelines, there were a number of times where I was certain the ball was in the back of the net. She was simply outstanding."

Jepsen also mentioned that she was extremely proud of her players for the season they had.

"They were true ambassadors of the university varsity program," Jepsen said.

"The only disappointing thing on the day was that we didn't get the win, but if you're looking at performance, they brought their everything to the game."

The Pandas will now look ahead to next year, with several key players moving on from the team, including captain Annalise Schellenberg, 2013 Canada West MVP Julia Ignacio, Jesse Candlish, and Magie Zackso.

"Sometimes you need a little luck to win games, you need to be good, but you may need a little luck, and we didn't have luck on our side," Jepsen said.

The Spartans will now move on to face the MacEwan Griffins on Thursday, Nov. 5.



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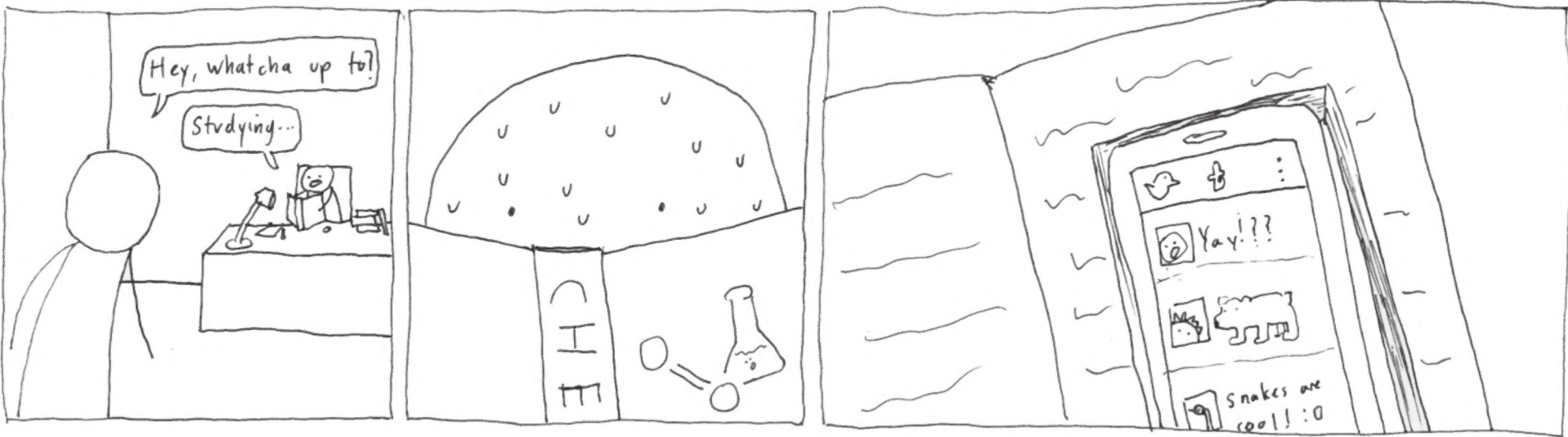
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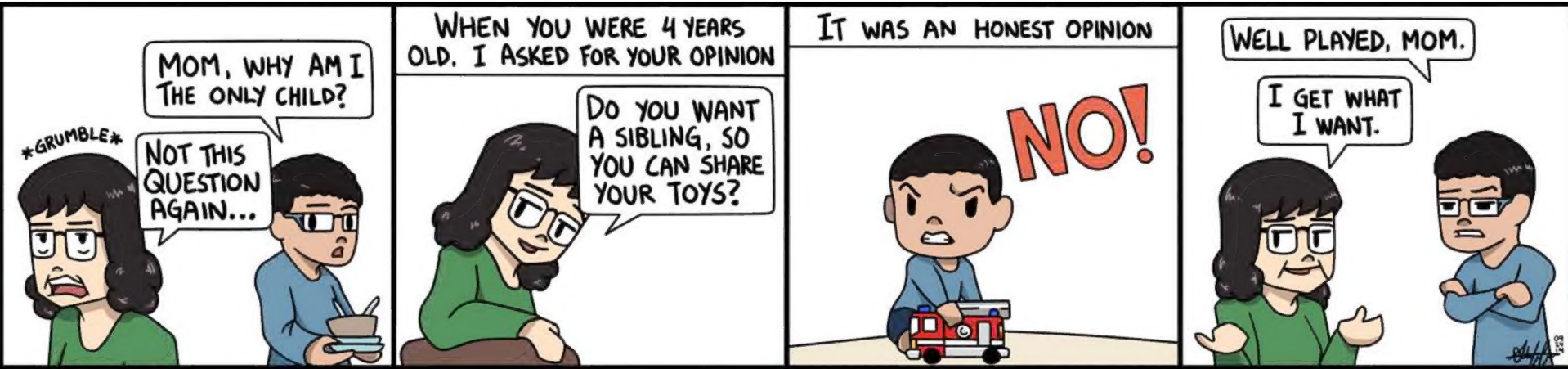
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ACROSS

1. Specific solution or method (2 wds)

6. Steep rock sticking out

10. Russia prior to 1991

14. 5, 7, 5

15. One of Nestle's

16. A type of crime

17. Room with slanted ceiling(s)

18. Bullets and grenades

19. Unit and Teach Evaluation Instruments (abbr.)

20. Door's security feature

22. Step on a ladder

23. Jesus to some

27. Ex. slingshot

29. Yay or nays articles

30. Belt or money

32. Belonging to the capital of Italy

33. Stiller's most iconic film

38. Institutional Broker's Estimate System (abbr.)

39. Rough fight

40. Describing faces or fries

41. Illegal dancing flick from 1984

43. Carlton Draught's "____", award
- winning commercial

44. KC Royals manager Ned

45. Canadian characteristic

46. Butter in room temperature

50. Shuck-able food

51. Read in no order?

52. From Denmark

57. Smile or ray of light

58. Cheerleaders belonging to this guy?

59. Gallaghers' band

64. Wolf (Fr.)

65. Human's basic building block

66. Fat lab mice

67. Not exo

68. Leg joint

69. Fourth letter of the Greek alphabet

DOWN

1. Lightbulb moment

2. Slanged pronoun

3. Slap or punch

4. Islands in Japan

5. "One flew over the _____ nest" (1975)

6. Slang for "insane"

7. Rough play

8. _____ mater

9. "How do you like them apples" - Movie, first two words

10. Communications officer in Star Trek

11. First action in the morning, literally (2 wd)

12. Shorthand writing

13. Rule

21. Make a mistake

23. Like Times or Garamond

24. Spanish flavouring

25. Site less popular than YouTube

26. Name of Apple's exams?

28. USA's federal green team

30. Flying easy

31. Actor Rob from The West Wing

33. Zirconium and Osmium (abbr.)

34. Short wool fibers
35. A finger

36. In high spirits

37. Singer Serena

39. "_____ Saints" (1999) starring Willem Dafoe

42. Used to make soap

43. 2014 movie that took twelve years to film

45. Time and place of purchase (abbr.)

46. Shortbread cookie

47. Ancient Greek singing theatre

48. A fake

49. Music speed

53. "So be it"

54. Amazon river

55. Island synonym

60. Prez on the US fiver

61. Salt (Fr.)

62. Sex or race suffix

63. Salty water

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